Great Neck Public Schools Pre-K/Kindergarten/Elementary Jan 2017 ~ June 2017 Lunch Menu

A standard school lunch ($2.25) includes five components: Hot Entrée or Cold Sandwich, Bread or Grain (maybe included in entrée/sandwich), Fruit, Vegetable & Milk. Students must select a minimum of three items and ONE ITEM MUST be a Fruit or Vegetable. Students are encouraged to take both fruit and vegetable.
If a student does not take 3 items including Fruit or Vegetable, Ala Carte charges will apply.

One lunch = 1 lunch credit.

Vegetable Selection
-Fresh Salad
w/Low Fat Dressing Daily
- Vegetable of the Day

Beans/Peas(Legumes)Selection~Cold&Cupped
-Kidney Bean
-Black Bean
-Garbanzo Beans

Grain
-Whole Wheat Bread /Roll
-Whole Wheat Mini Bagel
-Whole Grain Cereal

Fruit Selection-Choice of 1
-Fresh Apples & Oranges -Daily
-Chilled Canned Fruit of the Day
-100% Fruit Juice (4 oz.)
-Fresh Seasonal Fruit

Sandwich Variety-Choice of 1
-American Cheese
-Egg Salad – Tues/Thurs
-Peanut Butter & Jelly-not available @ Parkville
-Tuna Salad- Mon/Wed
-Turkey Breast
-Turkey Breast (K)

Milk-Choice of 1
-Fat Free Unflavored Milk
-1% Unflavored Milk
-Fat Free Chocolate or Strawberry Milk

Alternate Protein Available Daily-Choice of 1
-Egg Salad Cup-Tues/Thurs
-Hummus Single(K)
-LF Mozzarella Cheese Stick
-Tuna Salad Cup-Mon/Wed
-Yogurt (K)

Salad Lunches-Choice of 1
Crispy Chicken, Fruit & Cheese or
Vegetable & Cheese

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 *Chomp the New Fresh Vegetable Chips*	Seasoned Ground Turkey Shredded Cheese WG Bite Size Tortilla Chips Salsa Brown Rice w/Black Beans Plantains Marvelous Mixed Fruit	WG Cheese Pizza Slice Fresh Cucumber Coins & Dip aMazing Mandarin Oranges **Kosher Pizza Chomp	WG Cinnamon French Toast Sticks Sweet Potato Wedge Yogurt Delicious Diced Peaches	Chicken Nuggets Brown Rice Steamed Broccoli Florets Awesome Applesauce **Kosher Chicken Nuggets	WW Bagel Melt Steamed Carrot Coins Green Beans Delectable Diced Pears
WEEK 2 *Salad is available daily (Romaine lettuce, Kale Spinach Cabbage, Cucumber, Beets, Carrot & Tomato)*	Cheese Quesadilla Corn w/Black Beans Salsa Marvelous Mixed Fruit	WG Cheese Pizza Slice Crisp Green & Red Pepper Strips aMazing Mandarin Oranges **Kosher Pizza Chomp	Seasoned Chicken Strips Steamed Brown Rice Broccoli Delicious Diced Peaches	WG Chicken Pattie on WG Bun Sweet Potato Wedges Sliced Carrots Salsa Awesome Applesauce **Kosher Chicken Nuggets	Baked WG Rotini w/Melted PS Mozzarella & Marinara Sauce Green Beans Delectable Diced Pears
WEEK 3 TASTING TUESDAYS	Cheese Melt Sandwich Stewed Zucchini & Tomato Pickle Chips Marvelous Mixed Fruits	WG Cheese Pizza Slice Fresh Cucumbers & Dip aMazing Mandarin Oranges **Kosher Pizza Chomp	Turkey Burger on WW Bun Sweet Potato Wedge Delicious Diced Peaches	WG Chicken Nuggets Yokisaba Noodles Mixed Vegetables Awesome Applesauce **Kosher Chicken Nuggets	Cheese Ravioli Marinara Sauce Broccoli Florets Delectable Diced Pears
WEEK 4 *Allergy Alert* *Please remind your child that it is not safe to trade or share food*	Fajita Chicken Strips Brown Rice Shredded Cheese, Shredded Romaine Lettuce Tomatoes WG Tortilla Salsa Marvelous Mixed Fruit	WG Cheese Pizza Slice Crisp Green & Red Pepper Strips aMazing Mandarin Oranges **Kosher Pizza Chomp	Baked WW Rotini w/Melted PS Mozzarella & Marinara Sauce Green Beans Delicious Diced Peaches	WG Chicken Nuggets Corn Cobbetts Butternut Squash WW French Bread Awesome Applesauce **Kosher Chicken Nuggets	WG Alaskan Pollack Nuggets Long Island Roasted Potatoes Sliced Carrots Salsa Delectable Diced Pears

WG=Whole Grain ~ WW=Whole Wheat ~ RF=Reduced Fat ~ PS= Part Skim
Menu Plan- Components & Portions served in Accordance with USDA Regulation

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast Purchase	$ 1.25
Lunch Purchase	$ 2.25
20 Lunch Purchase	$ 45.00
Free/Reduced Lunch	No Charge
Lunch for a Year (180 lunch credits)	$378.00

Kosher Lunch Information
Lunch Purchase $2.25 + Extra $1.25= $3.50

Kosher Chicken Nuggets	Thursday
Kosher Cheese Pizza	Tuesday
Kosher Turkey Breast	Daily

Milk (8 oz.) or Juice (4 oz.)	$ .40
RF Ice Cream	$ 1.00
Cookie (Limit 1 per child)	$ .50
Packaged Snacks	$ 1.00
Spring Water	$ .60 – 1.25

CYCLE MENU SCHEDULE

January 3 – January 27	Weeks 1-4
January 30 – March 3	Weeks 1-4
March 6 – March 31	Weeks 1-4
April 3 – April 28	Weeks 1-4
May 1 – May 26	Weeks 1-4
May 30 – June 20	Weeks 1-4