

# Longwood JHS & HS School

Free & Reduced priced meal applications are available at [www.Longwood.k12.ny.us](http://www.Longwood.k12.ny.us) and at your child's school. If your child gets free or reduced lunch they also get breakfast! Prepay with [www.myschoolbucks.com](http://www.myschoolbucks.com) or send in your check, made payable to "Longwood School Lunch Fund". Don't forget to write your child's name and ID number on the check!

## MEAL PRICING:

Lunch Full Price	\$2.75
Reduced Lunch Price	\$0.25
Milk Only	\$0.50
Adult Meal	\$4.00

Breakfast is the most important meal of the day!

**STUDENT BREAKFAST—\$1.25:** Choice of Hot or Cold Assorted whole grain cereal, with graham crackers, fruit juice, milk

<b>Monday</b> - Pillsbury Mini Waffles	<b>Tuesday</b> - Pillsbury Mini Pancakes
<b>Wednesday</b> - Mini French Toast	<b>Thursday</b> - Pillsbury Mini Pancakes
<b>Friday</b> - Otis Muffins	


## LUNCH Menu

## June 2018

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	LCSD along with The USDA will be offering FREE breakfast and lunch to anyone 18 years old or younger! Monday -Friday 7/9 - 8/17 Breakfast 9:00 - 9:30am Lunch 1:00 - 1:30pm Longwood Middle School Cafeteria			1 Twin Chicken Tacos Shredded Cheddar Salsa & Sour Cream Black Beans Sweet Corn
4 Cheeseburger Meatloaf Lettuce, Tomato, Onion Bacon Pickles Baked Beans Carrot Coins French Fries	5 Santa Fe Chicken Wrap Corn Niblets Shredded Cheddar Shredded Lettuce Salsa & Sour Cream	6 Teriyaki Popcorn Chicken Brown Rice Broccoli	7 Mozzarella Sticks Marinara Sauce Warm Breadstick Mixed Veggies New York Apples	8 Hot Dogs Sauerkraut French Fries Baked Beans Tomato & Mozz Salad  <i>JHS/High School                      Last Day of Classes</i>
11 <b>Breakfast Only</b> Junior High Cafeteria  HS Breakfast & Lunch Available	12 <b>Breakfast Only</b> Junior High Cafeteria  HS Breakfast & Lunch Available	13 <b>Breakfast Only</b> Junior High Cafeteria  HS Breakfast & Lunch Available	14 <b>Breakfast Only</b> Junior High Cafeteria  HS Breakfast & Lunch Available	15 <b>Breakfast Only</b> Junior High Cafeteria  HS Breakfast & Lunch Available
18 <b>Breakfast Only</b> Junior High Cafeteria  HS Breakfast & Lunch Available	19 <b>Breakfast Only</b> Junior High Cafeteria  HS Breakfast & Lunch Available	20 <b>Breakfast Only</b> Junior High Cafeteria  HS Breakfast & Lunch Available	21 <b>Breakfast Only</b> Junior High Cafeteria  HS Breakfast & Lunch Available	

A Full Lunch includes a choice of entrée supplying protein and 100% whole grains, up to 2 vegetable side dishes, 2 fruit choices, baby carrots and milk. Milk choices include 1% white, fat free white and skim chocolate.

**What Makes a Lunch?**  
 Select 3-5 Components



One must be a  
**FRUIT** OR **VEGGIE**

Healthy Daily Entrée Alternates served with vegetable, fruit and a milk include served daily:

- Pizza
- Salads
- Deli
- Yogurt Parfaits
- Grab & Go

We do reserve the right to change menus due to unplanned school closings or vendor availability.

Interested in working at a school near you? Please call the Food Service Office at (631) 345-2805



Serving our Children, Free, Nutritious Meals




June 2018						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

"USDA is an equal opportunity provider and employer"