

# 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

**Monday** - Pillsbury Mini Waffles    **Tuesday**- Pillsbury Mini Pancakes  
**Wednesday** - Mini French Toast    **Thursday** - Pillsbury Mini Pancakes  
**Friday** – Otis Muffins

## LUNCH Menu

## May 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	NEW YORK THURSDAY	FRIDAY
<b>1</b>	Hamburger Lettuce, Tomato, Onion Pickles Cheese Choice Baked Beans Carrot Coins French Fries	Santa Fe Chicken Wrap Corn Niblets Shredded Cheddar Shredded Lettuce Salsa & Sour Cream	Teriyaki Popcorn Chicken Brown Rice Broccoli	Chicken Nuggets Baked Sweet Potatoes Broccoli New York Apples	Tuscan Chicken Sandwich Grilled Chicken w/garlic oil Cheese, Lettuce, Tomato Slice Green Beans Warm flatbread
<b>2</b>	BBQ Rib Sandwich Lettuce, Tomato, Onion Pickles Cheese Choice Baked Beans Carrot Coins Tots	Twin Turkey Tacos Shredded Cheddar Salsa & Sour Cream Black Beans Sweet Corn Salsa & Sour Cream	Brunch for Lunch Waffle Sticks Hash Browns Chicken Sausage Patty Maple Syrup	Chicken Bowl Popcorn Chicken Sweet Corn Mashed Potatoes Shredded Cheddar Warm Gravy New York Apples	Chicken Parm Hero Whole Wheat Club Marinara Sauce Melted Mozzarella Broccoli Spinach Tomato & Mozz Salad
<b>3</b>	Hamburger Lettuce, Tomato, Onion Pickles Cheese Choice Baked Beans Carrot Coins Sweet Potato Waffle Fries	Chicken Burrito Spanish Rice Pinto Beans Sweet Corn Whole Wheat Tortilla Shredded Cheddar Shredded Lettuce Sour Cream Salsa	Blazin' Ranch Hero Bacon Lettuce, Tomato, Onion Garden Salad Tots	Chicken Strips 3 Bean Salad California Veggies Corn Bread New York Apples	Chicken Rings Warm Breadstick Broccoli Spinach Strawberry Salad
<b>4</b>	Cheeseburger Meatloaf Hamburger Bun Garden Salad Baked Beans Tator Tots	Twin Turkey Tacos Shredded Cheddar Salsa & Sour Cream Pinto Beans Sweet Corn	Brunch for Lunch Cinnamon French Toast Sticks Hash Browns Chicken Sausage Patty Maple Syrup	Chicken Parm Hero Whole Wheat Club Marinara Sauce Melted Mozzarella Broccoli New York Apples	BBQ Chicken Baked Potato Sweet Corn Bell Pepper Strips Shredded Cheddar Sour Cream Tri Color Chips

**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



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

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

May 2018						
S	M	T	W	T	F	S
29	30	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	31	1	



Week 1 Meal Plan    Week 2 Meal Plan    Week 3 Meal Plan    Week 4 Meal Plan

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

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