

SEPTEMBER 2026

Health-e Pro 

MON

TUE

WED

THU

FRI

	1	2	3	4
7	8 Comet Fil-A Whole Grain Chicken Sandwich Sports Goals Spuds Garden Salad	9  NYS Beef Whole Grain Biscuit Tostadas Roasted Sweet Corn Black Bean Salsa	10 Parmesan Whole Grain Biscuit Pull-Aparts NYS Chili <u>or</u> Tomato Soup Caesar Side Salad	11 Homemade Whole Grain Cheese Pizza Roasted Brussel Sprouts Antipasto Salad
14 Whole Grain Breaded Chicken Drumsticks Cornbread Mashed Potatoes Sweet Peas	15 Deluxe Cheeseburgers on a Whole Grain Bun Caesar Side Salad Baked Beans	16 Whole Grain Quesadillas Roasted Carrots Garden Salad	17 Whole Grain Chicken Tender Wraps Sidewinder Fries Veggie Cups	18 Pizza Pizza Caesar Side Salad Broccoli
21 Whole Grain Pork Chop Let Mashed Potatoes Broccoli Dinner Roll	22 Homemade Macaroni and Cheese Honey Roasted Carrots Garden Salad	23 Taco Bar ES- Taco Salad Rice with Black Beans Roasted Sweet Corn	24 Ham or Turkey Subs Veggie Cup Green Beans Pringles Mingles	25 Whole Grain Chicken Tenders Tatar Stars Caesar Side Salad
28 BBQ Pulled Pork Sandwiches on a Whole Grain Roll Corn on the Cobb Cole Slaw	29 Wing Dings Seasoned Noodles Baked Beans Cheesy Broccoli	30 Haddock Sandwich on a Whole Grain Roll Side Winder Fries Garden Salad		

ANNOUNCEMENTS

All Meals Are FREE!
Breakfast and lunch are available at no cost to all enrolled students each school day.

Every Complete Meal Includes:

- Fresh fruit choices
- Low-fat or fat-free milk
- Access to our full salad bar featuring fresh vegetables and seasonal fruit

Daily Alternative Entrées Available

In addition to the featured menu item, students may choose from:

- Freshly made wraps
- Deli subs
- Sandwiches
- Scratch-made soups (available as scheduled)

À La Carte Items

Any second meals or à la carte purchases must be paid for at the time of purchase. Students must have sufficient funds in their meal account or pay with cash.

Menu Changes

Menus are planned in advance; however, menus are subject to change without notice due to product availability, deliveries, or other unforeseen circumstances.

We are committed to serving fresh, nutritious, and appealing meals every day while offering students a variety of healthy choices. All meals are planned in accordance to NSLP guidelines.

MEAL PRICES

All first meals are FREE!

Extra Entree: \$2.25

Extra Side Dish: \$ 1.25

There is NO charge for more

Fruit and Veggies

ALL SMART SNACKS ARE
AVAILABLE TO PURCHASE AT
\$1.00 UNLESS OTHERWISE
LABELED