



MAY 2021

**MONROE-WOODBURY SENIOR HIGH SCHOOL
BREAKFAST AND LUNCH MENU**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	3	4	5	6	7	
BREAKFAST	Assorted Whole Grain Bagels or Hard Rolls 100% Fruit Juice Cold Milk Choices	Assorted Cereal 100% Fruit Juice Cold Milk Choices	Mini French Toast 100% Fruit Juice Cold Milk Choices	Cheese Omelet on a Mini Bagel 100% Fruit Juice Cold Milk Choices	Yogurt and Fruit Parfait Graham Crackers 100% Fruit Juice Cold Milk Choices	Included with your Breakfast Entree Cold cereal Choices, chilled juice or cold milk Choices, fresh fruit, assorted fruited 4 oz. yogurt, bagel alternate
LUNCH	Chicken Sticks Rice Glazed Carrots Sliced Apricots Cold Milk Choices	Crusader Burgers Lettuce and Tomato Oven Fries Diced Peaches Cold Milk Choices	Chicken Parmigiana on a WG Roll Mexicali Bean Salad Sliced Apples Cold Milk Choices	Grilled Cheese with Ham* on a WG Bagel Cole Slaw Mixed Berry Applesauce Cold Milk Choices	Mozzarella Sticks Cup of Sauce Kale Salad Tropical Fruit Salad Cold Milk Choices	
	10	11	12	13	14	
BREAKFAST	Assorted Whole Grain Bagels or Hard Rolls 100% Fruit Juice Cold Milk Choices	Assorted Cereal 100% Fruit Juice Cold Milk Choices	Assorted Muffins 100% Fruit Juice Cold Milk Choices	Ham* and Egg on a WG Muffin 100% Fruit Juice Cold Milk Choices	Yogurt and Fruit Parfait Granola 100% Fruit Juice Cold Milk Choices	Included with your Lunch Entree All meals consist of 8 oz. low-fat or skim milk, one cup salad, vegetable and/or fresh or canned fruits and whole grain bread, whole grain rice and pasta
LUNCH	Plain or Spicy Chicken Tenders Mashed Potatoes Mixed Vegetables Dried Cranberries Cold Milk Choices	French Toast Canadian Bacon Sweet Potato Bites Strawberry Cup Cold Milk Choices	Asian Chicken Brown Rice Broccoli with Soy Sauce Mandarin Oranges Cold Milk Choices	Pasta with Plain or Meatsauce Cucumber Salad Petite Banana Cold Milk Choices	Breaded or BBQ Roasted Chicken Baked BBQ Beans Mixed Fruit Cold Milk Choices	

Enjoy our Specialty Food Bar

Monday: Breakfast for Lunch
 Tuesday: Wrap it Up
 Wednesday: Burger Bar
 Thursday: Breakfast for Lunch
 Friday: Chicken Favorites

Available Daily
 Fresh Made Paninis

BREAKFAST AND LUNCH MEALS PROVIDED ARE UNDER THE SUMMER FOOD SERVICE MEALS (SFSP)

SFSP MEALS ARE FREE UNTIL FURTHER NOTICE

Apply for Free and Reduced Meals online at www.family.titank12.com

Evening Meal Pick Up for Remote Students

Central Valley and North Main Elementary schools are open between 4:30-6:30pm Tuesdays and Thursdays ONLY. If you would like to be placed on the list for pick up, please send an email to foodforthought@mw.k12.ny.us with students name and school they attend. Please remember to wear a mask and bring a bag.



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MONROE-WOODBURY SENIOR HIGH SCHOOL BREAKFAST AND LUNCH MENU



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		17	18	19	20	21	
BREAKFAST		Assorted Whole Grain Bagels or Hard Rolls 100% Fruit Juice Cold Milk Choices	Assorted Cereal 100% Fruit Juice Cold Milk Choices	Fresh Made Pastry Ring 100% Fruit Juice Cold Milk Choices	Sausage* and Egg on a WG Roll 100% Fruit Juice Cold Milk Choices	Yogurt and Fruit Parfait Graham Crackers 100% Fruit Juice Cold Milk Choices	Please remember to take a fruit and/or vegetable with your meal. It's included in the meal!
LUNCH		Crusader Chicken Bowl Mashed Potatoes Steamed Corn Orange Smiles Cold Milk Choices	BBQ Pulled Pork* on a WG Roll Coleslaw Diced Pears Cold Milk Choices	Cheese Stuffed Shells Sauteed Spinach Fresh Pear Cold Milk Choices	Travelling Taco* Choice of Doritos Mexicali Bean Salad Mixed Berry Cup Cold Milk Choices	Buffalo or BBQ Chicken WG Tortilla Roasted Squash Blueberry Cup Cold Milk Choices	
		24	25	26	27	28	
BREAKFAST		Assorted Whole Grain Bagels or Hard Rolls 100% Fruit Juice Cold Milk Choices	Assorted Cereal 100% Fruit Juice Cold Milk Choices	Mini Pancakes 100% Fruit Juice Cold Milk Choices	Egg and Cheese on a Mini Bagel 100% Fruit Juice Cold Milk Choices	Memorial Day Weekend	Available Daily for Lunch: Fresh fruit and salad bar, pizza, baby carrots, all beef hamburgers, veggie burgers, deli or salad bar.
LUNCH		Plain or Spicy Chicken Patty on a WG Roll Mashed Potatoes Dried Cranberries Cold Milk Choices	Pancakes or Waffles Sausage* Links Sweet Potato Wedges Strawberry Cup Cold Milk Choices	Choice of Buffalo Chicken, BBQ Chicken Ranch, or Roasted Vegetables on a Pizza Bagel Caprese Salad Chilled Pineapples Cold Milk Choices	Mozzarella Sticks Cup of Sauce 3 Bean Salad Diced Peaches Cold Milk Choices		
		31					
BREAKFAST	Memorial Day No School	<i>Looking for work while your child is in school? Substitute positions are available. Please contact us at (845) 460-6200</i>		<i>* May Contain Pork</i>		If you have questions about your child's account, please contact your child's cafeteria. HS: (845) 460-7000 x7041 or mvalente@mw.k12.ny.us	
LUNCH				<i>Menus are Subject to Change</i>			