



# Farmingdale School District

# Elementary & Middle School Menu

## September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Earn while your student learns.</p> <p>Per diem Food Service Team Members needed.</p> <p>Contact Food Services Department for an application. 516-434-5252</p>		<p>1</p> <p><b>Farmingdale students eat breakfast and lunch for FREE!</b></p>	<p>2</p> <p><b>NEW!</b> Crispy Chicken Bites Crunchy Carrot Sticks</p> <p>Fruit Cup Assorted Milk</p>	<p>3</p> <p><b>NEW!</b> Wild Mikes Ultimate Pizza Chick Pea Salad</p> <p>Fruit Cup Assorted Milk</p>
<p>6</p> <p><b>Labor Day Schools Closed</b></p>	<p>7</p> <p><b>Rosh Hashanah Schools Closed</b></p>	<p>8</p> <p><b>Rosh Hashanah Schools Closed</b></p>	<p>9</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun Baked McCain Potato Wedges</p> <p>Fruit Cup Assorted Milk</p>	<p>10</p> <p>Nardone's Classic Pizza Cucumber Salad</p> <p>Fruit Cup Assorted Milk</p>
<p>13</p> <p><b>NEW!</b> Jennie-O Turkey Dog on a Whole Grain Roll Vegetarian Beans</p> <p>Fruit Cup Assorted Milk</p>	<p>14</p> <p><b>Fan Favorite!</b> Macaroni &amp; Cheese Baked Broccoli</p> <p>Fruit Cup Assorted Milk</p>	<p>15</p> <p>Crispy Chicken Sandwich on a Whole Grain Bun Steamed Corn</p> <p>Fruit Cup Assorted Milk</p>	<p>16</p> <p><b>Yom Kippur Schools Closed</b></p>	<p>17</p> <p><b>NEW!</b> Tasty Brand Pizza Bagels Crunchy Carrot Sticks</p> <p>Fruit Cup Assorted Milk</p>
<p>20</p> <p>Whole Grain Pizza Crunchers Baked Broccoli Crowns</p> <p>Fruit Cup Assorted Milk</p>	<p>21</p> <p>Popcorn Chicken <b>NEW!</b> Corn Poppers McCain Sweet Potato Fries</p> <p>Fruit Cup Assorted Milk</p>	<p>22</p> <p>Meatballs in Tomato Sauce Served with Pasta or Cheesy Breadstick Garlic Green Beans</p> <p>Fruit Cup Assorted Milk</p>	<p>23</p> <p>Chicken Fajitas w/ a Whole Grain Wrap Corn Salad</p> <p>Fruit Cup Assorted Milk</p>	<p>24</p> <p><b>NEW!</b> Wild Mikes Ultimate Pizza Chick Pea Salad</p> <p>Fruit Cup Assorted Milk</p>
<p>27</p> <p>Whole Grain Mozzarella Sticks Marinara Sauce Dipping Cup Green Beans</p> <p>Fruit Cup Assorted Milk</p>	<p>28</p> <p><b>NEW!</b> Chicken Drummie Whole Grain Biscuit Baked Beans</p> <p>Fruit Cup Assorted Milk</p>	<p>29</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun Mixed Green Salad</p> <p>Fruit Cup Assorted Milk</p>	<p>30</p> <p><b>BRUNCH FOR LUNCH!</b> Omelette Sandwich on Whole Grain Waffles, Tater Tots, Turkey Sausage Link Fruit Cup Assorted Milk</p>	<p><b>Menu is subject to change due to product availability and quality on delivery.</b></p>

**Breakfast Served Daily**  
Bagels, breakfast bars, muffins, cereal  
Fruit or Juice  
Milk choice

**A-la-carte Snacks are Offered Daily!**  
Use myschoolbucks.com to add funds

**Offered Daily for Lunch**  
Peanut Butter & Jelly, Cheese Sandwiches

The USDA Healthy Hunger Free Kids Act of 2010 has made changes to the menu offerings for this fall. Please read the information below, so you may help your child select choices on our menu that are healthy and delicious. Students must select 3 of the 5 components, one choice MUST be a fruit or vegetable. Different portion for Elementary, Middle & High School students. Served daily: **Protein/Meat, Meat Alternate:** includes choices of meat, fish, chicken, cheese or beans with a serving size of 2oz. **Vegetable:** Weekly variety of different vegetables will be offered including, red ,orange , dark green and starchy types along with legumes too. A serving size of ¼ - 1 cup. **Fruit:** Assorted fruits: fresh, frozen, canned in fruit juice or light syrup and fruit juices will be served. Portion size will be ½ - 1 cup. **Grain, Bread/ bread alternate:** Each day grain products will be served including pasta, rice, bread, rolls all will be whole grain. There will be 1-2 servings on the daily menu. **Milk:** each lunch will provide a choice of 1 cup fat free white or flavored milk or 1% low fat white milk, served daily with lunch.