



NYS Apples

May

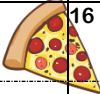

2025 6-8



Lunch

Low-Port Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
			Meatball Submarine	Grilled Cheese Sandwich
			NYS Potatoes 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
5	6	7	8	9
Chicken Tenders w/dipping sauce	Nacho Grande w/Tostitos Cheese & salsa	Macaroni & Cheese	Baked Chicken	Cheeseburger or Hamburger on a bun
Carrot Sticks 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Vegetarian Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Green Peas 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Mixed Vegetables 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Romaine Lettuce 1c Fresh or Prepared Fruit 1/2c Milk-8oz
12	13	14	15	16
Popcorn chicken w/dipping sauce	8" Taco w/meat, cheese And salsa	Meatball Submarine	Chicken Alfredo 	National Pizza Day!! Pizza
Green Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Baked Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Potatoes 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz Hersey's Chocolate Sunday Cup
19	20	21	22	23
Chicken Tenders w/dipping sauce	Taco in a bag w/cheese, salsa	Seasoned Diced chicken w/ Rice	BBQ Chicken Flatbread Pizza	NO SCHOOL
Carrot Sticks 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Vegetarian Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Sliced Cucumbers 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Roasted Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	
26	27	28	29	30
Happy Memorial Day! <small>Memorial Day</small> 	Nacho Grande w/Tostitos Cheese & salsa	Pasta w/meatballs	Steak & Cheese Stromboli	Grilled Cheese Sandwich
	Baked Beans 3/4c Fresh or Prepared Fruit 1/2c	Fresh Baby Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Potatoes w/ Onion 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz

NYS LOCAL FOODS

*Upstate Farms
Milk, Yogurt, Sour Cream
Eden Valley Growers
Assorted Varieties of Apples
Eden Valley Growers
Assorted Fruits & Vegetables
used in Meal Program
highlighted in green

The Following Entrees Served Daily:

6" Subs and Wraps (2M2G)

Salads Made to Order
(Includes Flatbread) 2M2G

Peanut Butter & Jelly
Sandwich (2M2G)

Fruit & Yogurt Parfait
w/Flatbread(2M2G)

Offered daily
with all School Lunches:

Fresh or Prepared Fruit
(Must take ½ cup of Fruit or Vegetable –
may take up to 1 cup)

NY State 8oz 1% or Skim
White Milk
Fat Free Chocolate Milk

Approved by PTFS Dietitian: Perry Schmidt, MS, RD, CDN



If your student has a particular food allergy,
please contact the food service office @
(716)286-7288

Student \$2.50
Adult \$5.99