








September 2022

Starpoint Fricano/Regan Elementary Lunch Menu

Lunch Price: \$2.35



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Visit www.myschoolbucks.com to set up a lunch account to monitor and apply money to your child's account throughout the school year</p>				 <p>NYS Tomatoes, Zucchini and Summer Squash</p>
	<p style="text-align: center;">6</p> <p>Hamburger on WG roll Or Turkey & Cheese Sandwich ----- Diced Carrots 3/4c Fruit 1/2c Milk -8oz</p>	<p style="text-align: center;">7</p> <p>Chicken Fingers (3) or PB & J Sandwich ----- Steamed Broccoli 3/4c NYS Peaches -1Piece Milk-8oz</p>	<p style="text-align: center;">8</p> <p>Meatball Sub w/cheese(4) or Ham and cheese sandwich ----- Baked Beans 3/4c Fruit 1/2c Milk-8oz</p>	<p style="text-align: center;">9</p> <p>Rotini(3/4c) w/meat sauce w/dinner roll) Or Turkey & Cheese Sandwich ----- Steamed Corn 1/2c NYS Seasoned Zucchini & Summer Squash 1/2c Fruit 1/2c Milk-8oz</p>
<p style="text-align: center;">12</p> <p>Chicken Patty on wg /roll or Ham & Cheese Sandwich ----- Baked French Fries 3/4c NYS Fresh Peach-1 Piece Milk-8oz</p>	<p style="text-align: center;">13</p> <p>8" Taco w/ Meat, Cheese or Turkey and Cheese sandwich ----- Corn 1/2c Black Beans 1/2c Fruit 1/2c Milk-8oz</p>	<p style="text-align: center;">14</p> <p>Hot Dog on WG Roll or PB & J Sandwich ----- Green Beans 3/4c NYS Watermelon Slice Milk-8oz</p>	<p style="text-align: center;">15</p> <p>Cheesy Pizza or Ham & Cheese Sandwich ----- Sweet Potatoes 3/4c Fruit 1/2c Milk -8oz</p>	<p style="text-align: center;">16</p> <p>Macaroni and Cheese (1 1/3c) Or Turkey & Cheese Sandwich ----- Steamed Broccoli 3/4c Fruit 1/2c Milk-8oz</p>
<p style="text-align: center;">19</p> <p>Chicken Nuggets (5) or Ham & Cheese Sandwich ----- Baked Beans 3/4c Fruit 1/2c Milk-8oz</p>	<p style="text-align: center;">20</p> <p>Chicken Tacos 8" Soft Shell w/ chicken & Cheese Or Turkey & Cheese Sandwich ----- Diced NYS Tomatoes 1/2c Corn 1/2c NYS Fresh Apples-1 Piece Milk- 8oz</p>	<p style="text-align: center;">21</p> <p>Rotini(3/4c) w/meat sauce w/dinner roll or Peanut Butter and Jelly Sandwich ----- Steamed Broccoli 3/4c Fruit 1/2c Milk-8oz</p>	<p style="text-align: center;">22</p> <p>Cheesy Pizza or Ham & Cheese Sandwich ----- NYS Seasoned Zucchini & Summer Squash 3/4c Fruit 1/2c Milk-8oz</p>	<p style="text-align: center;">23</p> <p>Hamburger on WG roll Or Turkey & Cheese Sandwich ----- Baby Carrots 1/2c NYS Cucumber Coins w/ Cherry Tomatoes 1/2c Fruit 1/2c Milk-8oz</p>
<p style="text-align: center;">26</p> <p>Macaroni and Cheese (1 1/3c) Or Ham & Cheese Sandwich ----- Glazed Carrots 3/4c Fruit 1/2c Milk-8oz</p>	<p style="text-align: center;">27</p> <p>8" Taco w/ Meat, Cheese or Turkey and Cheese sandwich ----- Black Bean Salsa 1/2c Corn 1/2c Fruit 1/2c Milk-8oz</p>	<p style="text-align: center;">28</p> <p>Meatball Sub w/cheese (4) or Peanut Butter and Jelly Sandwich ----- Tater Tots 3/4c Fruit 1/2c Milk 8oz</p>	<p style="text-align: center;">29</p> <p>Cheesy Pizza or Ham & Cheese Sandwich ----- Green Beans 3/4c Fruit 1/2c Milk-8oz</p>	<p style="text-align: center;">30</p> <p>Chicken Fingers (3) Or Turkey & Cheese Sandwich ----- Steamed Broccoli 3/4c NYS Fresh Apple -1 piece Milk-8oz</p>

NYS LOCAL FOODS

- *Upstate Farms Dairy
-milk, yogurt, sour cream
- *LynOaken Farms Apples
- *Local Farm Vegetables and Fruit
used in Meal Program
highlighted in green

In addition to the Entrée of the Day, we also serve the following Items Daily:

Sandwiches Made to Order (2M2G)

**Salads Made to Order
(Includes dinner rolls) 2M2G**

Peanut Butter & Jelly Sandwich (2M2G)

**Fruit & Yogurt Parfait w/dinner rolls
(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 Non or Low Fat White or Non Fat Chocolate Milk 8oz