

# November 2022

## Starpoint Fricano/Regan Lunch Menu

### Lunch Price \$2.35



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
 Visit <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> to set up a lunch account to monitor and apply money to your child's account throughout the school year	1 Chicken Tacos 8" Soft Shell w/ chicken & Cheese w/seasoned rice Or Ham & Cheese Sandwich ----- Seasoned Black Beans 1/2C Corn 1/2 C NYS Pear-1 Piece Milk-8oz	2 Rotini (3/4c) w/ Meat sauce w/dinner roll or Peanut Butter and Jelly Sandwich ----- Steamed Broccoli 3/4c Fruit 1/2c Milk-8oz	3 Cheesy Pizza or Ham & Cheese Sandwich ----- Sliced carrots 3/4C NYS Apple-1 piece Milk-8oz	4 Chicken Patty on WG Roll ----- NYS Cauliflower 3/4C Fruit 1/2c Milk-8oz
7 Meatball (4) Sub w/cheese ----- Green Beans - 3/4C Fresh Fruit -1 piece Milk-8oz	8 8" Taco w/ Meat, Cheese with seasoned rice or Turkey and Cheese sandwich ----- NYS Winter Squash 3/4c Fruit 1/2c Milk-8oz	9 Hot Dog on WG Roll OR Peanut Butter and Jelly Sandwich ----- Steamed Broccoli 3/4c NYS Apple-1Piece Milk-8oz	10 Grilled Cheese Or Ham and Cheese Sandwich ----- Veggie Beans 1/2c Corn 1/2C Fruit 1/2c Milk-8oz	11 
14 Hamburger On WG Roll or Ham & Cheese Sandwich ----- Corn 3/4C NYS Apple -1 Piece Milk-8oz	15 Chicken Tacos 8" Soft Shell w/ chicken & Cheese w/seasoned rice Or Turkey & Cheese Sandwich ----- Broccoli 1/2 Veggie Beans 1/2c Fruit 1/2c Milk-8oz	16 Macaroni and Cheese (1 1/3c) OR Peanut Butter and Jelly Sandwich ----- Green Beans 3/4c Fresh Fruit 1/2 C Milk-8oz	17 Cheesy Pizza or Ham & Cheese Sandwich ----- Carrots 3/4c Fruit 1/2c Milk-8oz	18 
21 Chicken Nuggets (5) or Ham & Cheese Sandwich ----- NYS Cauliflower 1/2C Broccoli 1/2 Fruit 1/2c Milk-8oz	22 Turkey and gravy W/ dinner roll & Seasoned pasta or Turkey and Cheese sandwich ----- Carrots 3/4c Mashed potatoes 1/2C NYS Fresh Apples-1 Piece Milk- 8oz	23 24 25 		
28 Hamburger on WG roll Or Ham & Cheese Sandwich ----- NYS Winter Squash 3/4 C NYS Fresh Apple-1 Piece Milk-8oz	29 8" Taco w/ Meat, Cheese with seasoned rice Or Turkey & Cheese Sandwich ----- Black Bean Salsa 1/2c Corn 1/2c Fruit 1/2c Milk-8oz	30 Mozzarella Sticks (5) with dipping sauce or Peanut Butter and Jelly Sandwich ----- Broccoli 1/2C Green Beans 1/2C Fruit 1/2c Milk 8oz		

***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:***

- 6" Subs and Wraps 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 1/2 cup of Fruit or Vegetable – may take up to 1 cup)*

***NY State Non or Low Fat White or Non Fat Chocolate Milk 8oz***