


Island Park Union Free School District				
FRANCIS X. HEGARTY ELEMENTARY SCHOOL				
MAY 2024 Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
		1-May	2-May	3-May
		<b>Chicken Nuggets (S,W)</b> Sweet Potatoes (-) Fresh Fruit/Fruit Cup	<b>Brunch For Lunch</b> <b>Waffles (E,M,S,W)</b> Cheese Stick (M) Fries (S) Fresh Fruit/Fruit Cup	<b>Pizza (M,S,W)</b> Tossed Salad (-) Fresh Fruit/Fruit Cup
6-May	7-May	8-May	9-May	10-May
<b>Turkey Taco (-)</b> Tostitos (-) Fiesta Bean Salad (S) Shredded Cheese (M) Fresh Fruit/Fruit Cup	<b>Popcorn Chicken (S,W)</b> Seasoned Rice (-) Carrots (-) Fresh Fruit /Fruit Cup	<b>Grilled Cheese (M,W)</b> Broccoli (-) Fresh Fruit/Fruit Cup	<b>Brunch For Lunch</b> <b>French Toast Sticks (E,M,S,W,SM)</b> Sausage Pattie (-) Fries (S) Fresh Fruit/Fruit Cup	<b>Pizza (M,S,W)</b> Tossed Salad (-) Fresh Fruit/Fruit Cup
13-May	14-May	15-May	16-May	17-May
<b>Chicken Pattie (s,w) on a Bun (S,W)</b> Carrots (-) Fresh Fruit/Fruit Cup	<b>Hamburger (S) on a Bun (S,W)</b> Vegetarian Beans (-) Fresh Fruit/Fruit Cup	<b>Pasta (W) with Meat Sauce (S)</b> Broccoli (-) Fresh Fruit/Fruit Cup	<b>Brunch For Lunch</b> <b>Pancakes (E,M,S,W)</b> Canadian Ham (-) Fries (S) Fresh Fruit/Fruit Cup	<b>Pizza (M,S,W)</b> Tossed Salad (-) Fresh Fruit/Fruit Cup
20-May	21-May	22-May	23-May	24-May
<b>Chicken Tenders (S,W)</b> Sweet Potatoes (-) Fresh Fruit/Fruit Cup	<b>Meatballs (S,W) w/Brown Gravy (-)</b> Noodles (E,W) Green Beans (-) Fresh Fruit/ Fruit Cup	<b>Mozzarella Sticks (M,W)</b> Marinara Sauce (-) 3 Bean Salad (S) Fresh Fruit/Fruit Cup	<b>Brunch For Lunch</b> <b>Waffles (E,M,S,W)</b> Sausage Pattie (-) Fries (S) Fresh Fruit/Fruit Cup	<b>Pizza (M,S,W)</b> Tossed Salad (-) Fresh Fruit/Fruit Cup
27-May	28-May	29-May	30-May	31-May
		<b>Chicken Nuggets (S,W)</b> Sweet Potato Fries (S) Fresh Fruit/Fruit Cup	<b>Brunch For Lunch</b> <b>French Toast Sticks (E,M,S,W,SM)</b> Cheese Stick (M) Fries (S) Fresh Fruit/Fruit Cup	<b>Pizza (M,S,W)</b> Green Beans (-) Fresh Fruit/Fruit Cup
BREAKFAST AND LUNCH ARE FREE				
ALL MEALS SERVED WITH A CHOICE OF 1% LOWFAT, FAT FREE OR FAT FREE CHOCOLATE MILK				
LUNCH PRICE - FREE		BREAKFAST PRICE - FREE		
A La Carte items available for purchase:		Water, Juice, Bagged Chips, Ice Cream		
A COMPLETE MEAL INCLUDES:				
Whole Grain Bread/Grain, Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit, Choice of Milk A minimum of THREE components must be chosen, ONE must be a fruit or vegetable				
Sandwiches available DAILY - Turkey, PBJ, Cheese, Tuna Salad, Egg Salad Weekly rotating alternate choices - Ham, Bologna, Salami				
Menu Key references for specific Allergens: M-Milk, SF-Seafood, P-Peanut, E-Egg, T-Treenut, S-Soybean, F-Fish, W-Wheat,SM-Sesame				
Menu subject to change without notice		This institution is an equal opportunity provider and employer		