**Tuckahoe UFSD William E. Cottle**

 **Lunch Menu**

**April 2024**



This Institution is an Equal Opportunity Provider For nutrition information visit [**WWW.Tuckahoe.Schooldish.com**](http://WWW.Tuckahoe.Schooldish.com)

WG Cheese Pizza Sticks

Marinara Sauce

Steamed Carrots

Milk

Fresh Banana

**8**

**9**

Beef Tacos

Hard or Soft

Cilantro Brown Rice

Black Bean Salad

Milk

Peach Cup

**10**

WG Penne Pasta w/

Meat Sauce (B)

WG Dinner Roll

Steamed Broccoli

Milk

Fresh Orange

**11**

Cheese or

Pepperoni (P) Pizza

Garden Salad

Milk

Applesauce

**12**

**Meal Price:**

Student Lunch Meal: $ **3.55**

Adult Lunch Meal: $ **5.04** + tax

A la carte items such as snacks and bottled water are **NOT** part of the program, and therefore, student accounts will be charged for those items.

**Daily Alternate Offerings:**

* **Made to order Sandwiches**

Ham (P), Turkey, Salami (P) or Chicken w/ American, Provolone or Mozzarella Cheese Served on Whole Grain breads, rolls and wraps.

* **Yogurt Lunch** – 8oz yogurt, Graham Crackers (2), Baby Carrots, Fresh Fruit
* **Bagel Lunch** – Fresh WG Bagel w/ Cream Cheese, Cheese Sticks (2), Carrots, Fresh Fruit
* Garden Salad w/ Cheese Sticks (2) & WG Dinner Roll
* Grilled Chicken Salad w/ Croutons
* Yogurt (8oz) Parfait w/ Fruit & Granola

**Weekly Alternate Entrée Options Available**

Alternate is served with same vegetable and fruit as main entrée.

**Fruits & Vegetables Always Available**: Apples, Oranges, Carrots, 4oz Hummus Cup, Celery and Tomatoes, Side Salad

**Grades K-12 are offer vs serve and must choose at least 3 of the 5 components. One of the items must be a fruit or vegetable.**

* Meat/ Meat Alt
* Vegetable (may choose 2)
* Grain
* 100% Juice
* Fruit (may choose 1)
* Milk (may choose 1)

**More Info:**

All meals served with choice of 1% Milk, Fat Free Milk, Fat Free Chocolate Milk (Antibiotic & Hormone free)

All meals served with fresh fruit, vegetables & 100% fruit juice.

**All Chicken is All-Natural, Whole-Muscle Meat Chicken**

(WG) Denotes Whole Grain **Gluten Free**

(P) Denotes Pork **Kosher/Halal**

(B) Denotes Beef **Available Upon Request**

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|  **Spring****Recess****1**Beef NachosCilantro Brown RiceBlack BeansMilkFresh Pineapple**2****Bruch for Lunch**WG French Toast SticksSausage (P)Tater TotsMilkApple Sauce**3**Macaroni & CheeseWG Dinner RollRoasted KaleMilkMixed Berry Cup**4**Cheese or Pepperoni (P) PizzaBaby CarrotsMilkFresh Orange**5** |   |   |  |  |
|  | WG Chicken PattyOn a WG BunOven Baked FriesMilkApple Slices |  |  |  |
| WG Chicken NuggetsTater TotsWG Dinner RollMilkMixed Berry Cup**153**WG Rotini PastaBeef MeatballsSpaghetti SauceWG Dinner RollSteamed SpinachMilkFresh Orange**16****Brunch for Lunch**WG WafflesSausage (P)Hash BrownMilkApple Slices**17**Chicken FajitaOn a WG TortillaRed & Green PeppersBlack BeansMilkFresh Pineapple**18****1**Cheese orPepperoni (P) PizzaBaby CarrotsMilkFresh Apple**19** |  |  |  |  |
| **Passover****No****School****22** **23****Brunch for Lunch**WG PancakesSausage (P)Hash BrownMilkApplesauce**24**Chicken & Cheese Quesadilla on WG TortillaChickpea SaladMilkFresh Orange**25**Cheese orPepperoni (P) PizzaGarden SaladMilkFresh Apple**26** | **Passover****No****School** |  |  |  |
| **29** | Grilled CheeseOn WG BreadSauteed Green BeansMilkFresh OrangeWG Chicken TendersOven Baked FriesMilkFresh Pear**30** |  | Logo  Description automatically generated | **Menu is Subject to Change** |