

**Tuckahoe UFSD William E. Cottle**

**Lunch Menu**

**April 2024**

Logo

Description automatically generated

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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Spring**  **Recess**  **1**  Beef Nachos  Cilantro Brown Rice  Black Beans  Milk  Fresh Pineapple  **2**  **Bruch for Lunch**  WG French Toast Sticks  Sausage (P)  Tater Tots  Milk  Apple Sauce  **3**  Macaroni & Cheese  WG Dinner Roll  Roasted Kale  Milk  Mixed Berry Cup  **4**  Cheese or  Pepperoni (P) Pizza  Baby Carrots  Milk  Fresh Orange  **5** |  |  |  |  |
|  | WG Chicken Patty  On a WG Bun  Oven Baked Fries  Milk  Apple Slices |  |  |  |
| WG Chicken Nuggets  Tater Tots  WG Dinner Roll  Milk  Mixed Berry Cup  **153**  WG Rotini Pasta  Beef Meatballs  Spaghetti Sauce  WG Dinner Roll  Steamed Spinach  Milk  Fresh Orange  **16**  **Brunch for Lunch**  WG Waffles  Sausage (P)  Hash Brown  Milk  Apple Slices  **17**  Chicken Fajita  On a WG Tortilla  Red & Green Peppers  Black Beans  Milk  Fresh Pineapple  **18**  **1**  Cheese or  Pepperoni (P) Pizza  Baby Carrots  Milk  Fresh Apple  **19** |  |  |  |  |
| **Passover**  **No**  **School**  **22**    **23**  **Brunch for Lunch**  WG Pancakes  Sausage (P)  Hash Brown  Milk  Applesauce  **24**  Chicken & Cheese Quesadilla on WG Tortilla  Chickpea Salad  Milk  Fresh Orange  **25**  Cheese or  Pepperoni (P) Pizza  Garden Salad  Milk  Fresh Apple  **26** | **Passover**  **No**  **School** |  |  |  |
| **29** | Grilled Cheese  On WG Bread  Sauteed Green Beans  Milk  Fresh Orange  WG Chicken Tenders  Oven Baked Fries  Milk  Fresh Pear  **30** |  | Logo  Description automatically generated | **Menu is Subject to Change** |