



**Tuckahoe UFSD**

**William E. Cottle**

**Lunch Menu**

**September 2022**

**Menu Subject to Change**

V

WG

Brunch For Lunch

French Toast Sticks

Sausage (P)

Fries

Milk

Fresh Fruit

**1**

Cheese or Pepperoni (P)

Pizza

Garden Salad

Milk

Fresh Fruit

**2**

This Institution is an Equal Opportunity Provider

Rosh Hashanah

Schools Closed

**26**

Rosh Hashanah

Schools Closed

**27**

Italian Meatball Sub w/ Marinara Sauce

Fries  
WG Dinner Roll

Milk

Fresh Fruit

**28**

Mac & Cheese

Roasted Mixed Veg

WG Dinner Roll

Milk

Fresh Fruit

**29**

Cheese or Pepperoni (P)

Pizza

Garden Salad

Milk

Fresh Fruit

**30**

Penne Alfredo w/ Chicken

Roasted Zucchini

WG Garlic Toast

Milk

Fresh Fruit

**12**

Brunch For Lunch

French Toast Sticks

Sausage (P)

Fries

Milk

Fresh Fruit

**13**

Chicken Nuggets

Fries

Milk

Fresh Fruit

**14**

Beef Nachos w/ Shredded Cheese and Salsa

WG Dinner Roll

Black Beans

Milk   
Fresh Fruit

**15**

Cheese or Pepperoni (P)

Pizza

Garden Salad

Milk

Fresh Fruit

**16**

Labor Day

School Closed

**5**

Beef Nachos w/ Shredded Cheese and Salsa

WG Dinner Roll

Black Beans

Milk   
Fresh Fruit

**6**

66

Ravioli w/ Pasta Sauce

Steamed Broccoli   
WG Dinner Roll

Milk

Fresh Fruit

**7**

Chicken Nuggets

Fries

Milk

Fresh Fruit

**8**

WG

Cheese or Pepperoni (P)

Pizza

Garden Salad

Milk

Fresh Fruit

**9**

Penne Rose w/ Chicken

WG Dinner Roll

Roasted Broccoli

Milk

Fresh Fruit

**19**

Brunch For Lunch

French Toast Sticks   
Sausage (P)

Fries

Milk

Fresh Fruit

**20**

Fish Sticks

Fries

WG Dinner Roll

Milk

Fresh Fruit

**21**

Chicken Melt w/ Mozz on W/G bun

Black Bean Salad

Milk

Fresh Fruit

**22**

Cheese or Pepperoni (P)

Pizza

Garden Salad

Milk

Fresh Fruit

**23**

**Meal Price:**

Student Lunch Meal: $ 3.30 + tax

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 patty w/ American, Provolone or Mozzarella Cheese Served on Whole Grain breads, rolls and wraps.
* **Daily Grill Offering**: Burger with/without Cheese and Chicken Patty with/without cheese, Mozz sticks, Hot Dog (all served w/ 4oz portion of Fries)
* **Fruits & Vegetables Always Available**: Apples, Oranges, Carrots, Celery and Tomatoes
* Garden Salad w/ cheese stick & WG Dinner Roll
* WG Bagel w/ Cream Cheese, Cheese Sticks and carrots.

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
* 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.

(WG) Denotes Whole Grain

(P) Denotes Pork

(B) Denotes Beef

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