

August 2019

Salisbury Central School

Lunch

Cafeteria Prices Full Price Breakfast: \$1.75 Reduced Price Breakfast: \$0.30 Full Price Lunch: \$3.00 Reduced Price Lunch: \$0.40 Milk: \$0.50 Fruit or Vegetable Only: \$0.75 Snacks/ Ice Cream: \$0.75 Adults Full Breakfast: \$2.20 Adults Breakfast Side: \$0.75 Adults Full Lunch: \$4.00 Adults Sandwich Only: \$3.25 Adults Salad Only: \$3.25 Adults Fruit or Vegetable Only: \$0.75 Adults Milk: \$0.35 Adults Snacks/ Ice Cream: \$0.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 No School	2 No School
5 No School	6 No School	7 No School	8 No School	9 No School
12 No School	13 No School	14 No School	15 No School	16 No School
19 No School	20 No School	21 No School	22 No School	23 No School
26 <ul style="list-style-type: none"> Bosco Sticks with Marinara Dipping Sauce Romaine Salad Assorted Veggie Cups Assorted Fruit Cups 1% Low Fat Milk Fat Free Milk Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Tuna Sandwich Yogurt Plate Salad Bar	27 <ul style="list-style-type: none"> Beef Taco Lettuce, Tomato & Salsa Shredded Cheese Steamed Rice w/ Black Beans Assorted Veggie Cups Assorted Fruit Cups 1% Low Fat Milk Fat Free Milk Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Turkey & Cheese Sandwich Yogurt Plate Salad Bar	28 <ul style="list-style-type: none"> Chicken Tenders with Whole Wheat Dinner Roll Mashed Potato Steamed Carrots Assorted Veggie Cups Assorted Fruit Cups 1% Low Fat Milk Fat Free Milk Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Ham & Cheese Sandwich Yogurt Plate Salad Bar	29 <ul style="list-style-type: none"> Macaroni & Cheese Roasted Vegetables Dinner Roll Assorted Veggie Cups Assorted Fruit Cups 1% Low Fat Milk Fat Free Milk Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Turkey & Cheese Sandwich Yogurt Plate Salad Bar	30 No School - Professional Development Day Alternate Meal Choices

More Details: region1schools.nutrislice.com/menu/salisbury-central-school/lunch/
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MONDAY

2

No School - Labor Day
Alternate Meal Choices

TUESDAY

3

- Beef Nacho Grande w/ Cheese
- Lettuce, Tomato & Salsa
- Refried Beans
- Steamed Corn
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

WEDNESDAY

4

- WW Spaghetti with Meat Sauce
- Whole Grain Bread Stick
- Garden Salad
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Ham & Cheese Sandwich
Yogurt Plate
Salad Bar

THURSDAY

5

- Popcorn Chicken Bowl with Mashed Potato
- Gravy
- Whole Kernel Corn
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

FRIDAY

6

- Bosco Sticks with Marinara Sauce
- Spinach Salad
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Vegetable Sandwich
Yogurt Plate
Salad Bar

9

- Mini Turkey Corn Dogs
- Baked Beans
- Oven Fries
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Tuna Sandwich
Yogurt Plate
Salad Bar

10

- French Toast with Syrup
- Sausage Links
- Hash Brown Potato
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

11

- Chicken & Cheese Quesadilla
- Peppers & Onions
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Ham & Cheese Sandwich
Yogurt Plate
Salad Bar

12

- Hamburger on a Bun or Cheeseburger on a Bun
- Lettuce & Tomato
- Potato Wedges
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

13

- Wild Mike's Cheese or Peperoni Pizza
- Garden Salad
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Vegetable Sandwich
Yogurt Plate
Salad Bar

16

- Macaroni & Cheese w/ Popcorn Chicken
- Roasted Vegetables
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Tuna Sandwich
Yogurt Plate
Salad Bar

17

- Beef Taco
- Shredded Cheese
- Lettuce, Tomato & Salsa
- Mexican Rice
- Steamed Corn
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

18

- Grilled Cheese with Soup
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Ham & Cheese Sandwich
Yogurt Plate
Salad Bar

19

- BBQ Rib Sandwich
- Sweet Potato Oven Fries
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

20

- Bosco Sticks with Marinara Sauce
- Romaine Salad
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Vegetable Sandwich
Yogurt Plate
Salad Bar

23

- Chicken Tenders with Whole Wheat Dinner Roll
- Mashed Potato
- Steamed Carrots
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Tuna Sandwich
Yogurt Plate
Salad Bar

24

- Nacho Grande with Beef or Chicken w/ Cheese
- Lettuce, Tomato & Salsa
- Refried Beans
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

25

Early Dismissal 12:10
Ham & Cheese Sandwich or
Sunbutter and Jelly Sandwich

- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices

26

- Chicken Teriyaki Nuggets
- Brown Rice
- Roasted Vegetables
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

27

- Wild Mike's Cheese or Peperoni Pizza
- Spinach Salad
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Vegetable Sandwich
Yogurt Plate
Salad Bar

30

- Swedish Meatballs w/ gravy
- Seasoned Egg Noodles
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Milk
- Fat Free Chocolate Milk

Alternate Meal Choices
Specialty Sandwich
Tuna Sandwich
Yogurt Plate
Salad Bar