

# August/September 2018

**Cafeteria Prices** Full Price Breakfast: \$1.75 Reduced Price Breakfast: \$0.30 Full Price Lunch: \$2.85 Reduced Price Lunch: \$0.40 Milk: \$0.35 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

## Salisbury Central School Lunch

### MONDAY

- 27**
- Chicken Patty on Whole Wheat Roll
  - Potato Wedges
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Tuna Sandwich  
Yogurt Plate  
Salad Bar

### TUESDAY

- 28**
- Beef Taco
  - Shredded Cheese, Lettuce, Tomato & Salsa
  - Mexican Rice
  - Steamed Corn
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Turkey & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### WEDNESDAY

- 29**
- Grilled Cheese with Soup
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Ham & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### THURSDAY

- 30**
- BBQ Rib Sandwich
  - Sweet Potato Oven Fries
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Turkey & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### FRIDAY

**31**  
No School

### 3

No School

### 4

- Nacho Grande with Beef
  - Cheese Lettuce Tomato
  - Refried Beans
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Turkey & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### 5

- Hot Dog on Whole Wheat Roll
  - Baked Beans
  - Garden Salad
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Ham & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### 6

- Chicken Teriyaki Bowl
  - Brown Rice
  - Mixed Vegetable
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Turkey & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### 7

- Wild Mike's Cheese or Peperoni Pizza
  - Spinach Salad
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Vegetable Sandwich  
Yogurt Plate  
Salad Bar

### 10

No School

### 11

- Beef Taco
  - Lettuce & Tomato
  - Shredded Cheese
  - Salsa (2tbsp)
  - Steamed Corn
  - Steamed Rice w/ Black Beans
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Turkey & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### 12

- Swedish Meatballs w/ Gravy Over
  - Egg Noodles
  - Carrots
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Ham & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### 13

- Macaroni & Cheese
  - Mixed Vegetables
  - Dinner Roll
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Turkey & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### 14

- Bosco Sticks with Marinara Sauce
  - Romaine Salad
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Vegetable Sandwich  
Yogurt Plate  
Salad Bar

### 17

- Chicken Patty on a Whole Wheat Roll
  - Potato Wedges
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Tuna Sandwich  
Yogurt Plate  
Salad Bar

### 18

- Nacho Grande with Beef
  - Cheese Lettuce Tomato
  - Refried Beans
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Turkey & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### 19

No School

### 20

- Popcorn Chicken Bowl
  - Mashed Potato
  - Gravy
  - Whole Kernel Corn
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Turkey & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### 21

- Bosco Sticks with Marinara Sauce
  - Spinach Salad
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Vegetable Sandwich  
Yogurt Plate  
Salad Bar

### 24

- Mini Turkey Corn Dogs
  - Baked Beans
  - Oven Fries
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Tuna Sandwich  
Yogurt Plate  
Salad Bar

### 25

- French Toast with Syrup
  - Sausage links
  - Hash Browns
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Turkey & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### 26

- 1/2 Day
- Ham & Cheese Sandwich or Sunbutter and Jelly Sandwich
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Ham & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### 27

- Hamburger or Cheeseburger on a Whole Wheat Roll with Lettuce & Tomato
  - Potato Wedges
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Turkey & Cheese Sandwich  
Yogurt Plate  
Salad Bar

### 28

- Wild Mike's Cheese or Peperoni Pizza
  - Garden Salad
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
Specialty Sandwich  
Vegetable Sandwich  
Yogurt Plate  
Salad Bar

More Details: <http://region1schools.nutrislice.com/menu/salisbury-central-school/lunch/>  
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