



NYS Apples
NYS Potatoes
NYS Onions

May

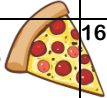

2025 9-12



Lunch

Lew-Port High School



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
			Chicken & Cheese Flatbread NYS Potatoes 1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Hamburger or Cheeseburger on a bun 1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
5	6	7	8	9
General Tso's Chicken Over rice Green Beans 1/2c Sweet Potatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Nacho Grande w/Tostitos Cheese & salsa Vegetarian Beans 1/2c Seasoned Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Macaroni & Cheese Green Peas 1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Baked Chicken Mixed Veggies 1/2c Sliced Cucumber 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Grilled Cheese Sandwich 1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
12	13	14	15	16
Buffalo chicken Tender submarine Celery Sticks 1/2c Carrot Sticks 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Taco in a Bag w/cheese & salsa Baked Beans 1/2c Roasted Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Meatball Submarine w/mozzarella Mixed Vegetables 1/2c Baby Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Chicken Alfredo  NYS Potatoes and Onions 1/2c Green Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	National Pizza Day!! Pizza 1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz Hersey's Chocolate Sunday Cup
19	20	21	22	23
Sweet & Sour meatballs Over rice Green Beans 1/2c Grape Tomatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Nacho Grande w/Tostitos Cheese & salsa Vegetarian Beans 1/2c Seasoned Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	French Toast Sticks w/sausage Potatoes 1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	BBQ Chicken Flatbread Pizza Mixed Veggies 1/2c Pinto Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	NO SCHOOL
26	27	28	29	30
Happy Memorial Day! 	Taco in a Bag w/cheese & salsa Baked Beans 1/2c Roasted Cauliflower 1/2c Fresh or Prepared Fruit 1/2c	Pasta w/meatballs Mixed Vegetables 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steak & Cheese Stromboli NYS Potatoes and Onions 1/2c Roasted Carrots 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Popcorn Chicken w/dipping sauce 1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz

NYS LOCAL FOODS

*Upstate Farms
Milk, Yogurt, Sour Cream
Eden Valley Growers
Assorted Varieties of Apples
Eden Valley Growers
Assorted Fruits & Vegetables
used in Meal Program
highlighted in green

The Following Entrees Served Daily:

6" Subs and Wraps (2M2G)

Salads Made to Order
(Includes Flatbread) 2M2G

Peanut Butter & Jelly Sandwich (2M2G)

Fruit & Yogurt Parfait w/Flatbread(2M2G)

Offered daily
with all School Lunches:

Fresh or Prepared Fruit
(Must take 1/2 cup of Fruit or Vegetable – may take up to 1 cup)

NY State 8oz 1% or Skim White Milk
Fat Free Chocolate Milk

Approved by PTFS Dietitian: Perry Schmidt, MS, RD, CDN



If your student has a particular food allergy,
please contact the food service office @
(716)286-7288

Student \$2.50
Adult \$5.99