



NYS Apples

June

2025 6-8





Lunch

Low-Port Middle School



Personal Touch
FOOD SERVICE

Monday	Tuesday	Wednesday	Thursday	Friday
2 Flatbread cheese pizza	3 Soft shell taco w/meat cheese & rice	4 Meatball Submarine w/mozzarella cheese	5 All Middle school fieldtrip	6 Hamburger or Cheese-burger on a bun
Carrot Sticks 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Baked Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Green Peas 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Potatoes 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
9 Chicken finger sub	10 Chicken quesadilla w/cheese, salsa	11 Chef's choice	12 chef's choice	13 Flag Day!!  Hamburger or Cheese-burger on wg bun 1C Romaine Lettuce=1/2c Milk-8oz **Stars & Stripes** Sidekick Frozen Fruit Punch
Sweet Potato 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Vegetarian Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Green Peas 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Mixed Vegetables 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	
16 Chef's Choice	17	18	19 Happy Juneteenth!! 	20
Chef's Choice 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz				
23	24	25	26	27
30				
Approved by PTFS Dietitian: Perry Schmidt, MS, RD, CDN				

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

For Information for Summer Meals Please Visit
www.Summer-mealsny.Org Or Call 211 or 866-3-HUNGRY.

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 ½ cup of Fruit or Vegetable – may take up to 1 cup)

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



PAY FOR MEALS ONLINE
MySchoolBucks.com

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

Student \$2.50
Adult \$5.99