

## EAST ROCKAWAY -SCHOOL DISTRICT

### September 2025

### East Rockaway Elementary Schools | Lunch Menu

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Fruit Smoothies with RI String Cheese & WG **Graham Crackers** 

**Daily Offerings:** 

Yogurt Parfait with Fruit & Granola

Chicken Caesar or Chicken Chef Salad with a WG Dinner Roll

Grilled Cheese Sandwich

Boars Head Turkey or Ham (P) & Cheese Sandwich

WG Bagel with RF String Cheese

Sunbutter & Jelly Sandwich

### Powering potential.

MON	TUES	WED	THURS	FRI
Back to school	2	3 WG Baked Chicken Tenders with a WG Dinner Roll Cucumber Coins Fresh Apple	Hamburger or Cheeseburger on a WG Bun Celery Sticks Banana	Pizza Friday Cheese or Pepperoni Pizza Spinach Salad Fresh Pear
Brunch For Lunch  Mini WG Maple Waffles with Chicken Sausage Patties Red Pepper Strips Fresh Strawberries	Cheese or Pepperoni Pizza Tomato & Cucumber Salad Fresh Apple	WG Chicken Patty on a WG Bun Celery Sticks Clementine	WG Pizza Max Stix with Dipping Sauce Sliced Tomato Watermelon	Pizza Friday Cheese or Pepperoni Pizza Cucumber Coins Apple Slices
Brunch For Lunch  Mini WG French Toast with Egg Patties Sliced Tomato Watermelon	Cheese or Pepperoni Pizza Red Pepper Strips Banana	WG Baked Chicken Tenders with a WG Dinner Roll Tomato & Cucumber Salad Fresh Strawberries	Hamburger or Cheeseburger on a WG Bun Spinach Salad Fresh Pear	Pizza Friday Cheese or Pepperoni Pizza Sliced Tomato Clementine
Brunch For Lunch 22 Mini WG Blueberry Waffles with Chicken Sausage Patties Cucumber Coins Fresh Apple	Rosh Hoshana Schools Closed	Rosh Hoshana Schools Closed	WG Baked Chicken Tenders with a WG Dinner Roll Sliced Tomato Watermelon	Pizza Friday Cheese or Pepperoni Pizza Red Pepper Strips Banana
Brunch For Lunch 29 Mini WG Confetti Pancakes with Egg Patties	30 Cheese Or Pepperoni Pizza Red Pepper Strips	SCI	HOOL	





Available Daily:

Sliced Tomato

Fresh Apple

Assorted Fruits: Apples, Oranges, Bananas or Pears Assorted Vegetables: Baby Carrots, Celery Sticks or Side

Fresh Strawberries

Assorted 100% Juice: Grape, Apple or Tropical Punch Assorted Milk: 1% White or Fat-Free Chocolate WG denotes items that are Whole Grain RF denotes items that are Reduced Fat

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk



This institution is an equal opportunity provider.



**Daily Offerings:** 

Fruit Smoothies with RF

String Cheese & WG Graham Crackers

Yogurt Parfait with Fruit &

Granola

Chicken Caesar or Chicken

Chef Salad with a WG
Dinner Roll

Grilled Cheese Sandwich

Boars Head Turkey or Ham

(P) & Cheese Sandwich

WG Bagel with RF String

Cheese

Sunbutter & Jelly Sandwich



## September 2025 East Rockaway UPK | Lunch Menu

#### MON **TUES WED THURS FRI** WG Baked Chicken Tenders Hamburger or Cheeseburger Pizza Friday Back to school with a WG Dinner Roll on a WG Bun Cheese or Pepperoni Pizza **Cucumber Coins** Celery Sticks Spinach Salad Banana Fresh Apple Fresh Pear **Brunch For Lunch** Cheese or Pepperoni Pizza WG Chicken Patty on a WG WG Pizza Max Stix with Pizza Friday Mini WG Maple Waffles with Tomato & Cucumber Salad Bun Dipping Sauce Cheese or Pepperoni Pizza Chicken Sausage Patties Celery Sticks Sliced Tomato **Cucumber Coins** Fresh Apple **Red Pepper Strips** Watermelon Clementine Apple Slices Fresh Strawberries 19 16 **Brunch For Lunch** WG Baked Chicken Tenders Hamburger or Cheeseburger Cheese or Pepperoni Pizza Pizza Fridav Mini WG French Toast with with a WG Dinner Roll on a WG Bun Red Pepper Strips Cheese or Pepperoni Pizza **Egg Patties** Tomato & Cucumber Salad Spinach Salad Banana Sliced Tomato Sliced Tomato Fresh Strawberries Fresh Pear Clementine Watermelon Brunch For Lunch 22 26 WG Baked Chicken Tenders Rosh Hoshana Rosh Hoshana Pizza Friday Mini WG Blueberry Waffles with a WG Dinner Roll Cheese or Pepperoni Pizza with Chicken Sausage Patties Schools Closed Schools Closed Sliced Tomato Red Pepper Strips **Cucumber Coins** Watermelon Banana Fresh Apple Brunch For Lunch 29 Cheese Or Pepperoni Pizza Mini WG Confetti Pancakes

# Powering potential.

### Menus are subject to change.



Available Daily:

with Egg Patties

Sliced Tomato

Fresh Apple

Assorted Fruits: Apples, Oranges, Bananas or Pears Assorted Vegetables: Baby Carrots, Celery Sticks or Side Salad

Red Pepper Strips

Fresh Strawberries

Assorted 100% Juice: Grape, Apple or Tropical Punch Assorted Milk: 1% White or Fat-Free Chocolate WG denotes items that are Whole Grain RF denotes items that are Reduced Fat All Lunches Must
Include Choice of:
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Vegetable
And May Include:
1% Low-Fat Milk



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### September 2025

### East Rockaway Jr/Sr High School LUNCH MENU

**THURS** 

**Daily Offerings:** 

Fruit Smoothies with RF String Cheese & WG **Graham Crackers** 

Yogurt Parfait with Fruit & Granola

Chicken Caesar or Chicken Chef Salad with a WG **Dinner Roll** 

**Grilled Cheese Sandwich** 

**Boars Head Turkey or Ham** (P) & Cheese Sandwich

WG Bagel with RF String Cheese

Sunbutter & Jelly Sandwich

Pizza: Plain or Pepperoni

Hamburger/Cheeseburger

Chicken Patty: Plain or Spicy

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	Back to school	1		
	WG Popcorn Chicken Parmesan Flatbread Red Pepper Strips Fresh Strawberries			
	The Rock Burger 15 Cheeseburger on a WG Bun			

with Lettuce, Onion, and

Tomato

Sliced Tomato

**Cucumber Coins** 

Fresh Apple

MON

Watermelon WG Pizza Max Sticks with **Dipping Sauce** 

General Tso's WG Popcorn Chicken with WG Rice and Broccoli Fresh Apple

### **TUES**



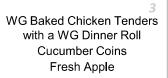
Dutch Waffles with Chicken Sausage Patties Tomato & Cucumber Salad Fresh Apple

16 WG Pizza Max Stix with Dipping Sauce **Red Pepper Strips** Banana

Rosh Hoshana Schools Closed

BBQ Chicken and Cheddar Flatbread Red Pepper Strips Fresh Strawberries

### **WED**



WG Baked Buffalo Chicken Mac & Cheese with a WG Dinner Roll Celery Sticks Clementine

WG Baked Chicken Tenders with a WG Dinner Roll Tomato & Cucumber Salad Fresh Strawberries

> Rosh Hoshana Schools Closed

#### General Tso's WG Popcorn Chicken with WG Rice and Broccoli

Banana

Sliced Tomato

Watermelon

WG Pizza Max Stix with Dipping Sauce

18 **Buffalo Chicken Sandwich** on a WG Bun Spinach Salad Fresh Pear

BBQ Chicken and Cheddar Cheese Calzone Sliced Tomato Watermelon

### **FRI**

#### **Snack Wrap** WG Chicken Nuggets,

Lettuce and Cheese inside a WG Tortilla Spinach Salad Fresh Pear

#### Breakfast Burrito 12

Egg, Tater Tots, Cheddar and Salsa in a WG Wrap **Cucumber Coins** Banana

#### Loaded Tater Tots 19

WG Popcorn Chicken, Bacon and Cheese Sauce over **Baked Potato Tots** Sliced Tomato Clementine

### Chili Chicken Lo Mein Bowl

WG Chili Popcorn Chicken with WG Lo Mein Red Pepper Strips Banana



### Menus are subject to change.

Available Daily:

Assorted Fruits: Apples, Oranges, Bananas or Pears Assorted Vegetables: Baby Carrots, Celery Sticks or Side Salad

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