



November 2024

East Rockaway Jr Sr High School Lunch Menu

- 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
- Items with a (P) may contain Pork

MON	TUES	WED	THURS	FRI
				1 Buffalo Chicken Pizza Sliced Tomatoes Fresh Plum
4 CONFERENCE DAY SCHOOLS CLOSED	5 ELECTION DAY SCHOOLS CLOSED	6 Twin Beef Soft Tacos on WG Tortillas WG Rice Vegetarian Beans Granny Smith Apple	7 WG Chicken Nuggets with a WG Dinner Roll Sweet Corn Peach Cup	8 Stromboli: Chicken, Onions & Peppers Spinach Salad Banana
11 VETERANS' DAY SCHOOLS CLOSED	12 Chicken Meatball Parm Sub on a WG Roll Roasted Broccoli Fresh Orange	13 WG Baked Mac & Cheese with a WG Dinner Roll Carrot Coins Fresh Strawberries	14 WG Popcorn Chicken with a WG Dinner Roll Tomato & Cucumber Salad Fresh Pear	15 Vegetable Pizza: Green Peppers, Onions, & Mushrooms Romaine Salad Red Delicious Apple
18 Chicken Nachos with Cheese & WG Tortilla Chips Black Beans Apple Slices	19 WG Cheesy Baked Penne with a WG Dinner Roll Spinach Salad Fresh Melon	20 Buffalo Chicken Sandwich on a WG Bun Tomato Slices Peach Cup	21 Dutch Waffle with Sausage Patties Baked French Fries Banana	22 Beef Meatball Calzone Glazed Carrots Granny Smith Apple
25 BBQ Chicken & Cheddar Melt Diced Chicken with BBQ Sauce and Cheddar Cheese on a WG Flatbread Chickpea Salad Peach Cup	26 WG Pizza Crunchers with Sauce Baked Inside Yellow Squash Fresh Plum	27 THANKSGIVING RECESS SCHOOLS CLOSED	28 	29 THANKSGIVING RECESS SCHOOLS CLOSED

Please visit EastRockawaySchoolDish.com to view ingredients and nutritional information.

Available Daily:
 Assorted Fruits: Apples, Oranges, Bananas or Pears
 Assorted Vegetables: Baby Carrots, Celery Sticks or Side Salad
 Assorted 100% Juice: Orange, 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
 Lunch Price: \$3.00
 Adult Lunch Price: \$5.50 + tax

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



This institution is an equal opportunity provider.

Menus are subject to change

Powering
potential.

