






elmwood franklin school

Lunch Menu April 8-12

	Monday	Tuesday	Wednesday	Thursday	Friday
 Feature of the Day	No School	Baked Chicken <i>Topped with Salsa Fresca and Shredded Pepper Jack Cheese</i> Rice Pilaf Green Beans GF, DF available	No School	Ricotta Stuffed Shells with Basil Marinara Fresh Carrots Garlic Bread Sticks GF, DF pasta available	Fresh Baked Pizza <i>Selection of Cheese or Pepperoni (Pork)</i> Seasoned Potato Wedges Corn GF, DF available
 Meatless Meals		Roasted Veggie Wrap with Baby Spinach, Peppers, Pepper Jack Cheese, and Zesty Ranch DF available GF bread available		Mediterranean Tuna Salad Wrap DF GF bread available	Marinated Portobello Sandwich with Basil Pesto DF available GF bread available
 Fresh Made Soups		Chicken Noodle GF, DF		Butternut Squash Bisque GF	Creamy Split Pea and Ham GF
Mid-Morning Snack <i>Allergen friendly snack alternative is fresh fruit.</i>		Oat Bar		Applesauce	Yogurt Cup

GF = Gluten Free

DF = Dairy Free

Allergen

Meal Substitutions Available

(Upon Request)

Daily Deli Options

Turkey
 Pepperoni (pork)
 Cheese
 Sunbutter
 Sunbutter and Jelly

NYS Farm Fresh Daily Salad Bar

Lettuce
 Carrots
 Cucumbers
 Tomatoes
 Variety of seasonal produce

Salad Bar Toppings: Bacon Bits, Croutons, Crumbled Eggs, Olives, Pepperoncini, Shredded Cheddar, & Assorted Dressings




We offer fresh fruit and local Upstate Farms 1% and skim milk daily.

(Menu subject to change)



elmwood franklin school

Lunch Menu April 15-19

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	<p>Braised Chicken Breast Served in a Garlic Cream Sauce with Fettuccini Florentine</p> <p>Steamed Peas</p> <p>GF, DF pasta & sauce available</p>	<p>Pepper Steak Stir Fry with Peppercorn Garlic Brown Sugar Honey Glaze</p> <p>Brown Rice</p> <p>Broccoli</p> <p>GF, DF</p>	<p>Greek Chicken Gyros with Tzatziki Sauce, Sliced Tomatoes, Red Onion, Cucumbers, Parsley, and Feta</p> <p>Sauteed Squash</p> <p>GF bread available</p>	<p>Penne Pasta with Italian Tomato, Garlic Basil Beef Sauce</p> <p>Sweet Corn</p> <p>Bread Sticks</p> <p>GF pasta available</p> <p>DF available</p>	<p>Fresh Baked Pizza Selection of Cheese or Pepperoni (Pork)</p> <p>Seasoned Potato Wedges</p> <p>Green Beans</p> <p>GF, DF available</p>
 <p><i>Meatless Meals</i></p>	<p>Falafel Wrap with Roasted Chickpea Fritters, Tomato, Onions, Bean Sprouts and Feta</p> <p>DF available</p>	<p>Greek Flat Bread</p> <p>GF, DF crust available</p>	<p>Veggie Burger with Sauteed Mushrooms and Onions</p> <p>DF</p> <p>GF bread available</p>	<p>Roasted Veggie Wrap with Baby Spinach, Pepper Jack Cheese, and Zesty Ranch</p> <p>DF available</p> <p>GF bread available</p>	<p>Fresh Made Tuna Wrap</p> <p>DF</p> <p>GF bread available</p>
 <p><i>Fresh Made Soups</i></p>	<p>Cream of Broccoli Soup</p> <p>GF</p>	<p>French Onion</p> <p>GF, DF</p>	<p>Chicken Gnocchi with Pork Sausage, Spinach, and Roasted Tomatoes</p> <p>DF</p>	<p>Hearty Beef Chili</p> <p>GF, DF</p>	<p>Chicken Noodle</p> <p>GF, DF</p>
<p>Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.</p>	<p>Ritz Crackers and String Cheese</p>	<p>Whole Grain Cheez-Its</p>	<p>National Banana Day!</p>	<p>Benefit Bar</p>	<p>Orange Wedges</p>

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Allergen

Meal Substitutions Available

(Upon Request)

Daily Deli Options

Turkey
Pepperoni (pork)
Cheese
Sunbutter
Sunbutter and Jelly

NYS Farm Fresh Daily Salad Bar

Lettuce
Carrots
Cucumbers
Tomatoes
Variety of seasonal produce

Salad Bar Toppings: Bacon

Bits, Croutons, Crumbled Eggs, Olives, Pepperoncini, Shredded Cheddar, & Assorted Dressings




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elmwood franklin school

Lunch Menu April 22-26

	Monday	Tuesday	Wednesday	Thursday	Friday
 Feature of the Day	Hickory Smoked Pork Sausage <i>with Sauteed Peppers and Onions</i> <i>Served on Warm Brioche Bun</i> Garlic Whipped Potatoes Glazed Carrots GF bread available	Loaded Potato Meatloaf Casserole <i>Topped with Shredded Cheddar Cheese</i> Warm Breadstick Cauliflower GF, DF available	Creamy Parmesan Baked Breaded Chicken Breast <i>Topped with Crispy Bacon (Pork)</i> Baked Potato Seasoned Corn GF, DF available	Korean Glazed Baby Back Pork Ribs Cilantro-Lime Brown Rice Broccoli GF, DF	Fresh Baked Pizza <i>Selection of Cheese or Pepperoni (Pork)</i> Seasoned Potato Wedges Green Beans GF, DF available
 Meatless Meals	Falafel Wrap with Roasted Chickpea Fritters, Tomato, Onions, Bean Sprouts and Feta GF, DF available	<i>National English Muffin Day!</i> Egg and Veggie English Muffin Sandwich (Egg, Spinach, Mushroom, Cheese) DF GF bread available	Black Bean Burger with Red Onion and Tomato Slices DF GF bread available	Marinated Portobello Sandwich with Basil Pesto GF bread available	BBQ Roasted Tofu Sandwich served on a Costanza Roll DF GF bread available
 Fresh Made Soups	Savory Celery Leaf and Red Pepper Flake, Garlic Potato Bisque GF	Chicken Chili with Cheddar Cheese, Red Beans, Roasted Pepper, and Jalapeno GF, DF available	Braised Beef, Chipotle Soup made with a Rich Sofrito Base (Cilantro, Onion, and Garlic) GF, DF	Creamy Mushroom GF	Chicken Noodle GF, DF
Mid-Morning Snack <i>Allergen friendly snack alternative is fresh fruit.</i>	Applesauce	Yogurt Cup	Carrot Sticks and Ranch Dressing	Whole Grain Fruit Muffin	Banana

GF = Gluten Free

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Allergen

Meal Substitutions

Available

(Upon Request)

Daily Deli Options

Turkey

Pepperoni (pork)

Cheese

Sunbutter

Sunbutter and Jelly

NYS Farm Fresh

Daily Salad Bar

Lettuce

Carrots

Cucumbers

Tomatoes

Variety of seasonal produce

Salad Bar Toppings: Bacon

Bits, Croutons, Crumbled

Eggs, Olives, Pepperoncini,

Shredded Cheddar, &

Assorted Dressings

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local Upstate Farms 1%




and skim milk daily.

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Lunch Menu April 29-30

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Feature of the Day</p>	<p>Teriyaki Meatballs <i>Baked and Glazed Beef/Chicken in a Sweet Teriyaki Sauce</i></p> <p>Mashed Potatoes</p> <p>Sweet Peas</p> <p>GF, DF available</p>	<p>Roasted Honey Sliced Turkey Breast with Sweet Cornbread Stuffing and Fresh Turkey Pan Gravy</p> <p>Corn on the Cob</p> <p>Dinner Roll</p> <p>GF, DF available</p>			
 <p>Meatless Meals</p>	<p>Penne Pasta Primavera with Assorted Roasted Vegetables in a Garlic Lemon Broth topped with Grated Parmesan</p> <p>GF, DF available</p>	<p>Roasted Veggie Wrap with Baby Spinach, Pepper Jack Cheese, and Zesty Ranch</p> <p>GF, DF available</p>			
 <p>Fresh Made Soups</p>	<p>Butternut Squash Bisque</p> <p>GF</p>	<p>Italian Wedding Soup</p>			
<p>Mid-Morning Snack <i>Allergen friendly snack alternative is fresh fruit.</i></p>	<p>Benefit Bar</p>	<p>Celery Sticks and Sunbutter</p>			

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Allergen Meal Substitutions Available
(Upon Request)

Daily Deli Options
Turkey
Pepperoni (pork)
Cheese
Sunbutter
Sunbutter and Jelly

NYS Farm Fresh Daily Salad Bar
Lettuce
Carrots
Cucumbers
Tomatoes
Variety of seasonal produce

Salad Bar Toppings: Bacon Bits, Croutons, Crumbled Eggs, Olives, Pepperoncini, Shredded Cheddar, & Assorted Dressings

We offer fresh fruit and local Upstate Farms 1% and skim milk daily.

(Menu subject to change)