






elmwood franklin school

February 3–7 Lunch Menu*

	Monday	Tuesday	Wednesday	Thursday	Friday
 Feature of the Day	Chicken Finger Basket ^{GF, DF} French Fries ^{GF, DF} Roasted Cauliflower ^{GF, DF}	Glazed Teriyaki Meatballs ^{DF} Mashed Potatoes ^{DF, GF} Glazed Carrots ^{GF, DF}	Chicken Alfredo with Steamed Broccoli ^{GF, DF} Dinner Rolls	Beef and Cheese Tacos ^{GF, DF} With all the Fixings Seasoned Mexican Rice ^{GF, DF} Corn	SCHOOL CLOSED
 Meatless Meals	Vegetable Quesadillas <i>(GF option available)</i>	Bruschetta Toast Points ^{GF, DF}	Portobello Mushroom with Roasted Veggies and Pesto	Roasted Vegetables over Steamed Rice ^{GF, DF}	
 Fresh Made Soups	Chicken Noodle Soup ^{DF}	Asian Inspired Chicken ^{GF, DF}	French Onion ^{GF, DF}	Southwest Chicken Chili ^{GF, DF}	
Mid-Morning Snack <i>Allergen-friendly snack alternative is fresh fruit.</i>	Benefit Bars	Grapes	Cheese and Crackers	Carrots with Ranch	

GF / DF = Gluten Free, Dairy Free

Meal Substitution Available
(Upon Request)

V = Vegetarian

Daily Deli Options

- Turkey
- Pepperoni (pork)
- Cheese
- Sunbutter
- Sunbutter & 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
- *Subject to change

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

Please contact your café team with questions on this menu.



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February 10–14 Lunch Menu*

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Feature of the Day</p>	Baked Penne and Meatballs with Marinara ^{GF, DF} Seasoned Green Beans ^{GF, DF} Dinner Rolls	Greek-Inspired Chicken Rice Bowl Made with Seasoned Veggies, Feta Cheese, and Black Olives ^{GF} Greek Rice ^{GF, DF} Stir Fry Veggies ^{GF, DF}	100% Beef Cheeseburgers Potato Wedges ^{DF} Seasoned Peas ^{GF, DF} <i>GF, DF option available</i>	Pulled Seasoned Chicken Fajitas ^{GF, DF} With Sautéed Veggies and All the Fixings Seasoned Mexican Rice ^{GF, DF}	Fresh Baked Pizza: Selection Of Cheese or Pepperoni Tator Tots ^{GF, DF} Caesar Salad
 <p>Meatless Meals</p>	Italian Stuffed Bell Peppers with Blended Cheeses, Tomato & Breadcrumbs ^{GF}	Baked Greek Flatbreads with Greek-Inspired Toppings ^{GF}	Black Bean Burgers with Lettuce & Tomatoes	Pasta with Tomatoes, Spinach & Pesto	Avocado Toast with Tomatoes & Lettuce ^{DF}
 <p>Fresh Made Soups</p>	Italian Bean Soup ^{GF, DF}	Lemon Chicken Soup ^{GF, DF}	Vegetable ^{GF, DF}	Loaded Baked Potato with Bacon ^{GF}	Broccoli Cheddar ^{GF}
<p>Mid-Morning Snack <i>Allergen-friendly snack alternative is fresh fruit.</i></p>	Goldfish Crackers	Sun Chips	Bagel with Cream Cheese	Bananas	Benefit Bar

GF / DF = Gluten Free, Dairy Free

Meal Substitution Available (Upon Request)

V = Vegetarian

Daily Deli Options

- Turkey
- Pepperoni (pork)
- Cheese
- Sunbutter
- Sunbutter & 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
*Subject to change

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


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February 17–21 Lunch Menu*



	Monday	Tuesday	Wednesday	Thursday	Friday	
 Feature of the Day	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	Chicken Parmesan Baked Chicken Cutlets with Mozzarella Cheese Marinara Buttered Penne Caesar Salad ^{GF, DF}	Fresh Baked Pizza: Selection of Cheese or Pepperoni French Fries ^{GF, DF} Roasted Broccoli ^{GF, DF}	<p>GF / DF = Gluten Free, Dairy Free Meal Substitution Available (Upon Request) V = Vegetarian</p> <p>Daily Deli Options Turkey Pepperoni (pork) Cheese Sunbutter Sunbutter & Jelly</p> <p>NYS Farm Fresh Daily Salad Bar Lettuce Carrots Cucumbers Tomatoes Variety of seasonal produce</p> <p>Salad Bar Toppings: Bacon Bits, Croutons, Crumbled Eggs, Olives, Pepperoncini, Shredded Cheddar, & Assorted Dressings *Subject to change</p> <p>We offer fresh fruit, and local Upstate Farms 1% and skim milk daily.</p>
 Meatless Meals				Eggplant Parmesan Stacks ^{GF}	Egg and Cheese Sandwich on a Costanzo's Roll	
 Fresh Made Soups				Italian Wedding ^{GF, DF}	Buffalo Chicken Soup ^{GF}	
Mid-Morning Snack <i>Allergen-friendly snack alternative is fresh fruit.</i>				Apple Slices	Cheez-Its	

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February 24–28 Lunch Menu*

	Monday	Tuesday	Wednesday	Thursday	Friday	
 <p>Feature of the Day</p>	Baked Orange Chicken ^{DF} Steamed Asian Inspired Rice ^{GF, DF} Steamed Cauliflower ^{GF, DF}	Philly Cheese Steak Sandwich with Peppers & Onions French Fries ^{GF, DF} Roasted Broccoli Florets ^{GF, DF}	Grilled Cheese Sandwiches Sweet Potato Waffle Fries ^{GF, DF} Glazed Carrots ^{GF, DF}	Popcorn Chicken Bowl ^{DF} With Mashed Potatoes ^{GF} Gravy ^{GF, DF} Corn ^{GF, DF}	Fresh Baked Pizza: Selection of Cheese or Pepperoni Seasoned Potato Wedges Steamed Carrots ^{GF, DF}	<p>GF / DF = Gluten Free, Dairy Free Meal Substitution Available (Upon Request) V = Vegetarian</p> <p>Daily Deli Options Turkey Pepperoni (pork) Cheese Sunbutter Sunbutter & Jelly</p> <p>NYS Farm Fresh Daily Salad Bar Lettuce Carrots Cucumbers Tomatoes Variety of seasonal produce</p> <p>Salad Bar Toppings: Bacon Bits, Croutons, Crumbled Eggs, Olives, Pepperoncini, Shredded Cheddar, & Assorted Dressings *Subject to change</p> <p>We offer fresh fruit, and local Upstate Farms 1% and skim milk daily.</p>
 <p>Meatless Meals</p>	Tofu Stir-Fry Over Steamed Rice ^{GF, DF}	Vegetarian Pasta with Cheese, Peppers, and Onions	Apple & Cheddar Grilled Cheese	Meat Less Chicken Bowl ^{DF} With Mashed Potatoes ^{GF} Gravy ^{GF, DF} Corn ^{GF, DF}	Portabella Mushroom Pizza Topped with Fresh Roasted Veggies and a Parmesan Mozzarella Cheese Blend ^{GF}	
 <p>Fresh Made Soups</p>	Asian Sweet and Sour Soup ^{GF, DF}	Vegetable Beef ^{GF, DF}	Tomato Soup ^{GF, DF}	Chicken Noodle Soup ^{GF, DF}	Chicken and Rice ^{GF, DF}	
<p>Mid-Morning Snack <i>Allergen-friendly snack alternative is fresh fruit.</i></p>	Pretzels	Grapes	Clementines	Celery with SunButter	Cheese Sticks	

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