






elmwood franklin school

January 6-10 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	Chicken Finger Basket ^{GF, DF} French Fries ^{GF, DF} Roasted Cauliflower ^{GF, DF}	Glazed Teriyaki Meatballs ^{GF, DF} Mashed Potatoes ^{GF, DF} Glazed Carrots ^{GF, DF}	Chicken Alfredo Steamed Broccoli ^{GF, DF} Dinner Rolls	Beef & Cheese Tacos ^{GF, DF} Seasoned Mexican Rice ^{GF, DF} With all the Fixings Corn	Fresh Baked Pizza: Selection of Cheese or Pepperoni Seasoned Potato Wedges ^{GF,} Veg. Medley ^{GF, DF}
 <p><i>Meatless Meals</i></p>	Vegetable Quesadillas	Bruschetta Flatbreads	Portobello Mushroom with Roasted Veggies and Pesto	Roasted Vegetables over Steamed Rice ^{GF, DF}	Breaded Eggplant Parmesan Stacks
 <p><i>Fresh Made Soups</i></p>	Lentil & Black Bean ^{GF, DF}	Asian Inspired Chicken ^{GF, DF}	French Onion ^{GF, DF}	South West Chicken Chili ^{GF, DF}	Minestrone ^{GF, DF}
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.	Benefit Bars	Grapes	Cheese and Crackers	Carrots with Ranch	Clementines

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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January 13-17 Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday	
 <p>Feature of the Day</p>	Stuffed Shells with Marinara ^{GF, DF} Seasoned Green Beans ^{GF, DF} Garlic Bread Sticks	Greek Inspired Chicken Rice Bowl made with Roasted 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>	Chicken Fajitas: ^{GF, DF} Sauteed Veggies with Pulled Seasoned Chicken Seasoned Mexican Rice ^{GF, DF} Fajita Toppings	Fresh Baked Pizza: Selection Of Cheese or Pepperoni Tator Tots ^{GF, DF} Caesar Salad	<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>	Stuffed Bell Peppers with Rice and Fresh Veggies ^{GF, DF}	Greek Flatbreads: Baked and Topped with Greek Inspired Toppings	Black Bean Burgers with Lettuce & Tomatoes	Pasta with Tomatoes, Spinach & Pesto	Avocado Toast with Tomatoes & Lettuce	
 <p>Fresh Made Soups</p>	Italian Bean Soup ^{GF, DF}	Lemon Chicken Soup ^{GF, DF}	Vegetable Soup ^{GF, DF}	Loaded Baked Potato with Bacon ^{GF}	Potato & Corn Chowder ^{GF}	
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.	Goldfish	Strawberries	Yogurt Cups	Bananas	Benefit Bar	

Please contact your café team with questions on this menu.



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January 20-24 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <i>Feature of the Day</i>	<i>School Closed</i>	BBQ Beef Chunks <small>GF, DF</small> Mashed Potatoes <small>GF</small> Roasted Corn <small>GF, DF</small>	Penna Pasta with Meatballs <small>GF, DF</small> Mixed Vegetables <small>GF, DF</small> Dinner Rolls	Grilled Cheese Sandwiches Sweet Potato Waffle Fries <small>GF, DF</small> Glazed Carrots <small>GF, DF</small>	Fresh Baked Pizza: Selection of Cheese or Pepperoni French Fries <small>GF, DF</small> Roasted Broccoli <small>GF, DF</small>
 <i>Meatless Meals</i>		Plant Based BBQ Beef <small>DF</small>	Roasted Veggie Wraps with Spinach, Pepper Jack Cheese & Ranch	Apple & Cheddar Grilled Cheese	Egg and Cheese Sandwich on a Costanzo's Roll
 <i>Fresh Made Soups</i>		Black Bean Soup <small>GF, DF</small>	Pasta Fagioli <small>GF, DF</small>	Tomato Soup <small>GF, DF</small>	Buffalo Chicken Soup <small>GF</small>
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.		Clementines	Sun Chips	Apple Slices	Cheez-Its

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%



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January 27-31 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
 <p><i>Feature of the Day</i></p>	Orange Chicken: Baked Chicken in an Orange Glaze Steamed Asian Inspired Rice Steamed Cauliflower <small>GF, DF Available</small>	Philly Cheese Steak Pasta with Peppers and Onions Roasted Broccoli Florets <small>GF, DF</small>	Chicken Parmesan: Baked Chicken Cutlets topped with Marinara Sauce and Melted Mozzarella Cheese <small>GF</small> Ceaser Salad	Breakfast For Lunch: <small>GF, DF</small> Pancakes, Hash Brown Patties, Chicken Breakfast Sausage	Fresh Baked Pizza: Selection of Cheese or Pepperoni Seasoned Potato Wedges Steamed Carrots <small>GF, DF</small>	<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><i>Meatless Meals</i></p>	Tofu Stir-Fry Over Steamed Rice <small>GF, DF</small>	Vegetarian Pasta with Cheese, Peppers, and Onions	Meat Less Chicken Parmesan	Breakfast for Lunch made with plant-based sausage	Portabella Pizzas: Portabella Mushrooms Topped with Fresh Roasted Veggies and a Parmesan Mozzarella Cheese Blend <small>GF</small>	
 <p><i>Fresh Made Soups</i></p>	Asian Sweet and Sour Soup <small>GF, DF</small>	Vegetable Beef <small>GF, DF</small>	Chicken Noodle Soup <small>GF, DF</small>	Italian Wedding <small>GF, DF</small>	Chicken and Rice <small>GF, DF</small>	
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.	Pretzels	Grapes	Bagels with Cream Cheese	Celery with SunButter	Cheese Stick	

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