






elmwood franklin school

March 3–7 Lunch Menu*

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|--|
|  <p><i>Feature of the Day</i></p> | Chicken Finger Basket ^{DF} French Fries ^{DF} Roasted Cauliflower ^{GF, DF} | Swedish Meatballs ^{GF} with Mashed Potatoes ^{GF, DF} Glazed Carrots ^{GF, DF} & Snap Peas ^{GF, DF} | Tuscan Chicken ^{GF} with Organic Homemade Mac & Cheese ^{GF} Roasted Brussel Sprouts ^{GF, DF} | Beef & Cheese Tacos ^{DF} Seasoned Mexican Rice ^{GF, DF} With all the Fixings Seasoned Street Corn ^{GF, DF} | Fresh Baked Pizza: Selection of Cheese or Pepperoni Crinkle Cut Fries ^{GF, DF} Roasted Broccoli |
|  <p><i>Meatless Meals</i></p> | Vegetable Quesadillas (GF option available) | Bruschetta Toast Points | Tuscan Style Spaghetti Squash with Tomatoes, Parmesan Cheese, & Greens | Roasted Vegetables Over Steamed Rice | Portabella Mushroom Pizzas Assorted toppings |
|  <p><i>Fresh Made Soups</i></p> | Chicken Noodle Soup | French Onion Caramelized Onions with Croutons & Blended Cheese | Italian Bean ^{GF, DF} | Homestyle Beef Chili ^{DF} | Cream of Wild Mushroom |
| Mid-Morning Snack Allergen friendly snack alternative is fresh fruit. | <i>Bananas</i> | <i>Grapes</i> | <i>Cheese and Crackers</i> | <i>Carrot Sticks with Ranch</i> | <i>Cheez-Its</i> |

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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March 10–14 Lunch Menu*




| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|--------------------------------------|--|--|---|---|--|
|  <p>Feature of the Day</p> | School Closed | Chicken Souvlaki Rice Bowl Topped with Lettuce, Tomato & Onion ^{DF} Seasoned Rice ^{GF, DF} Roasted Mixed Vegetables ^{GF, DF} Served with Pita Chips ^{GF, DF} | 100% Beef BBQ Burgers ^{GF, DF} French Fries ^{GF} Seasoned Braised Cabbage ^{GF, DF} <i>GF, DF option available</i> | Chicken Fajitas: ^{GF, DF} Sautéed Veggies ^{GF} with Pulled Season Chicken Seasoned Mexican Rice ^{GF, DF} With all the Fixings | Fresh Baked Pizza: Selection Of Cheese or Pepperoni Tater 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</p> <p><i>*Subject to change</i></p> <p>We offer fresh fruit, and local Upstate Farms 1% and skim milk daily.</p> |
|  <p>Meatless Meals</p> | Vegetarian Gyros with Tzatziki Sauce | Black Bean Burgers with Lettuce & Tomatoes | Pasta with Tomatoes, Spinach & Pesto | Vegetarian Cucumber Sushi Rolls (Julian Veggies & Sticky Rice) | | |
|  <p>Fresh Made Soups</p> | Lemon Chicken Soup ^{GF, DF} | Vegetable ^{GF, DF} | SouthWest Chili ^{GF} | Hot & Sour Soup ^{GF} | | |
| <p>Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.</p> | Sun Chips | Bagels with Cream Cheese | Bananas | Benefit Bar | | |

Please contact your café team with questions on this menu.



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March 17– 21 Lunch Menu*

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|--|---|---|---|---|---|
|  <p><i>Feature of the Day</i></p> | Grilled Cheese with Swiss & Corned Beef Seasoned Sauerkraut Potato Wedges | Chicken Marsala: Sautéed Chicken Breast Topped with a Mushroom GF, DF Brown Sauce Garlic Mash GF, DF Seasoned Green Beans GF, DF | Philly Cheese Steak Pasta Covered in Homemade Organic Cheese Sauce, Shaved Steak, and Peppers & Onions GF | Buffalo Chicken Sandwich: Breaded Chicken Breast with Lettuce, Tomato, and Onion GF, DF Roasted Yukon Gold Potatoes GF, DF Blanched Cauliflower GF, DF | Fresh Baked Pizza: Selection of Cheese or Pepperoni French Fries GF, DF Roasted Broccoli GF, DF | 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 <i>*Subject to change</i> We offer fresh fruit, and local Upstate Farms 1% and skim milk daily. |
|  <p><i>Meatless Meals</i></p> | Veggies & Hummus on a Spinach Wrap | Meatless Chicken Marsala | Chopped Mushroom “Philly Cheesesteak” Pasta | Eggplant Parmesan Sandwich | Egg and Cheese Sandwich on a Costanzo’s Roll | |
|  <p><i>Fresh Made Soups</i></p> | Potato and Leek Soup | Cream of Wild Mushroom | Cheese Burger Soup | Buffalo Chicken Soup DF | Italian Wedding | |
| Mid-Morning Snack Allergen friendly snack alternative is fresh fruit. | Apple Cinnamon Muffins | LOCAL Issa’s Pita Chips (Mixed Flavors) | Carrot Sticks with Ranch | Apple Slices | Cheez-Its | |

Please contact your café team with questions on this menu.