






elmwood franklin school




May 4 – 8 Lunch Menu*

	Monday	Tuesday	Wednesday	Thursday	Friday	
 <p><i>Feature of the Day</i></p>	<p>Chicken Marsala: Sautéed Chicken Topped with a Brown Sauce with Mushroom Garlic Mashed Potatoes Roasted Mixed Vegetables GF, DF</p>	<p>Cheese Tortellini with Marinara Seasoned Fresh Cut Green Beans Garlic Bread Sticks Greek Salad GF, DF</p>	<p>Chicken Parmesan: Italian Seasoned Chicken Breast Topped with Marinara & Cheese Blend Seasoned Green Beans Roasted Potatoes GF, DF</p>	<p>100% Beef BBQ Burgers Topped with Cheddar Cheese Sweet Potato Waffle Fries Glazed Carrots GF, DF</p>	<p>Fresh Baked Pizza: Selection of Cheese or Pepperoni Seasoned Potato Wedges Grilled Vegetables GF, DF</p>	<p>*GF = Gluten Free DF = Dairy Free Allergen Meal Substitutions Available (Upon Request)</p> <p>Daily Options Turkey Salami Cheese Sunbutter Sunbutter and Jelly Buttered Noodles</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, and Assorted Dressings</p> <p>(Menu subject to change)</p>
 <p><i>Meatless Meals</i></p>	<p>Stuffed Italian Seasoned Bell Peppers with Ricotta Cheese Blend GF</p>	<p>Roasted Seasonal Vegetable Wrap with Balsamic and Feta</p>	<p>Cheesy Asparagus Orzotto: Orzo Pasta with Asparagus, Peas, Cheese Blend</p>	<p>Greek Style Pita Wraps with Feta, Tzatziki Sauce and Kalamata Olives</p>	<p>Buffalo Style Cauliflower Sliders Topped with Buffalo Sauce, Leaf Lettuce & Pickles DF</p>	
 <p><i>Fresh Made Soups</i></p>	<p>Italian Wedding GF</p>	<p>Broccoli Cheddar GF</p>	<p>Chicken & Rice GF, DF</p>	<p>Tomato Bisque GF</p>	<p>Lentil Soup with Lemon and Spinach GF</p>	
<p>Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.</p>	<p>Summer Harvest Sun Chips</p>	<p>Benefit Bars</p>	<p>Clementines</p>	<p>Whole Grain Chocolate Chip Muffins</p>	<p>Issa Pita Chips (Variety of Flavors)</p>	

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

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May 11 – 15 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <i>Feature of the Day</i>	Asian Beef Stir-Fry: Tender Beef Tossed with Sautéed Vegetables Served Over Sticky White Rice GF, DF	Breakfast For Lunch: Pancakes and Hashbrowns with Breakfast Sausage Links, Syrup, and Yogurt GF, DF	Chicken Souvlaki Plate: Marinated Chicken Tenders Greek Potatoes Blanched Green Beans Served with Local Pita Chips & All the Fixings GF, DF	Grilled Cheese with a Beef Patty and Cheddar Sweet Potato Fries Grilled Vegetables GF, DF	Chicken Finger Basket: Crispy Chicken Tenders Curley Q Seasoned Fries Roasted Broccoli and Carrots GF, DF
 <i>Meatless Meals</i>	Vegetable Stir-Fry Served over Rice GF, DF	Au Gratin Potatoes with Chives GF	Falafel Salad Topped with Lettuce, Tomato, Onion and Pickles GF,	Grilled Cheese with roasted Apples and Pears, Goat Cheese, Balsamic GF	Stuffed Grape Leaves Over a Bed of Lemon Rice GF, DF
 <i>Fresh Made Soups</i>	Hot and Sour Soup GF, DF	Cream of Mushroom GF	Chicken and Corn Chowder with Bacon GF	Cheeseburger Soup GF	Chicken Tortilla GF, DF
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.	Fortune Cookies	Cheese and Crackers	Mixed Fruit Yogurt	Pears	Grapes




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May 18 – 22 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	<p>Pasta and Peas with Chicken</p> <p>Ditalini Pasta Tossed in an Olive Oil Sauce</p> <p>Blanched Green Beans</p> <p>French Baguette</p> <p>GF, DF</p>	<p>Buffalo Chicken Sandwich:</p> <p>Breaded Chicken Breast lightly sauced.</p> <p>Shoestring Fries</p> <p>Brussel Sprouts</p> <p>GF, DF</p>	<p>Chicken Francese:</p> <p>Baked Battered Chicken Breast in a Lemon Butter Sauce</p> <p>Potato Au Gratin</p> <p>Green Beans</p> <p>GF, DF</p>	<p>Beef & Cheese Taco Salad over Corn Tortillas</p> <p>Seasoned Mexican Rice</p> <p>Roasted Corn</p> <p>Served with All the Fixings</p> <p>GF, DF</p>	<p>Fresh Baked Pizza:</p> <p>Selection of Cheese or Pepperoni</p> <p>Seasoned Potato Wedges</p> <p>Grilled Vegetables</p> <p>GF, DF</p>
 <p><i>Meatless Meals</i></p>	<p>Butter Beans with a Tomato Blush Sauce and Fresh Basil</p> <p>GF, DF</p>	<p>Mushroom Pot Pie over Warm Biscuits</p> <p>DF</p>	<p>Lentil Pasta Pomodoro Topped with a Fresh Basil Chunky Tomato Sauce</p> <p>GF, DF</p>	<p>Loaded Vegetable Quesadillas with Guacamole and Sour Cream</p>	<p>Assorted Flatbread Pizzas</p>
 <p><i>Fresh Made Soups</i></p>	<p>Escarole & Beans</p> <p>GF</p>	<p>Cream of Potato with Scallions</p> <p>GF</p>	<p>Minestrone</p>	<p>Chicken Tortilla with Rice</p> <p>GF, DF</p>	<p>Potato and Leek Soup</p> <p>GF</p>
<p>Mid-Morning Snack</p> <p>Allergen friendly snack alternative is fresh fruit.</p>	<p>Toasted Croissants with Butter</p>	<p>Blueberry Muffins</p>	<p>Cheez - Its</p>	<p>Apple Sauce</p>	<p>Clementines</p>

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May 25 – 29 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <i>Feature of the Day</i>	School Closed— Memorial Day	Buffalo Chicken Mac & Cheese Topped with a White Cheddar Cheese Sauce Glazed Brown Sugar Carrots GF, DF	Baked Glazed BBQ Meatballs Creamy Garlic Mashed Potatoes Sautéed Seasonal Vegetables GF, DF	Philly Cheesesteak Hoagies: Shaved Beef with Peppers and Onions Topped with Organic Cheddar Cheese Sauce Shoestring Fries Mixed Vegetables GF, DF	Organic Chicken Nuggets Onion Rings Roasted Cauliflower GF, DF
 <i>Meatless Meals</i>		Queso Mac & Cheese Served with Fresh Avocado & Lightly Spiced with Mild Banana Peppers	Sautéed Vegetables Over Steamed Rice GF, DF	Roasted Vegetable and Tofu Hoagies with Goat Cheese	Flat 12 Mushroom Nuggets DF
 <i>Fresh Made Soups</i>		Sausage, White Bean and Kale GF, DF	Mexican Meatball Soup	Cream of Carrot with Pesto DF	Chicken Pot Pie Soup DF
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.		Cheese Sticks	Mini Bagels with Cream Cheese	Fruit Salad Cups	Apple Slices with Caramel

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