elmwood franklin school Lunch Menu March 4 – 8

	Monday	Tuesday	Wednesday	Thursday	Friday	GF / DF = Gluten Free,
Feature of the Day		Baked Chicken Breast Seasoned and Baked All-white Meat GF, DF Creamy Mashed Potatoes GF, V Sauteed Green Beans GF, DF, V	Sliced Turkey Fresh Baked and Sliced Turkey Breast GF, DF Turkey Gravy Cornbread Peas GF, DF, V	Zesty Chicken Riggies Penne Pasta with Chicken Breast, Cherry Tomatoes in a Tomato Cream Sauce GF, V Warm Dinner Rolls DF, V	Fresh Baked Pizza Cheese V or Pepperoni (Pork) GF, DF Seasoned Potato Wedges GF, DF, V Glazed Carrots GF, DF, V	Dairy Free Meal Substitution Available (Upon Request) V = Vegetarian 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 and Assorted Dressings *Subject to change We offer fresh fruit, and local Upstate Farms 1% and skim milk daily.
Haven Meatless Meals	School Closed— Professional Development Day	Roasted Portobello Sandwich ^{GF} with Tomato, Feta, Basil, and Pesto	Roasted Veggie Wrap with Baby Spinach, Pepper Jack Cheese, and Zesty Ranch	Savory Black Bean Burger with Sliced Red Onions and Romaine Lettuce	Falafel Wrap with Roasted Chickpea Fritters, Tomato, Onion, Sprouts, and Feta	
Sous & Salars Fresh Made Soups		Loaded Potato (Pork) ^{GF}	Vegetable ^{GF, DF, V}	Lentil and Black Bean ^{GF, DF, V}	Minestrone ^{GF, DF, V}	
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.		Benefit Bar	Whole Grain Fruit Muffin	Applesauce	Orange Wedges	

elmwood franklin school Lunch Menu March 11 – 15

	Monday	Tuesday	Wednesday	Thursday	Friday	GF / DF = Gluten Free,
Feature of the Day	Pasta Shells V Filled with Ricotta Cheese and Topped with Marinara Seasoned Broccoli GF, DF, V Bread Stick V	Teriyaki Meatballs Baked and Glazed Beef and Chicken Meatballs GF avail in a Sweet Teriyaki Sauce Creamy Mashed Potatoes GF V Corn GF, DF, V	BBQ Pulled Pork Sandwich GF, DF Braised and Shredded Pork on a Warm Costanzo Roll Baked French Fries GF, DF, V Cole Slaw	Sweet Chili Chicken Roasted Chicken Legs with a Sweet Chili Glaze Cilantro Lime Rice Stir Fry Veggies GF, DF, V	Fresh Baked Pizza Cheese V or Pepperoni (Pork) GF, DF Seasoned Potato Wedges Green Beans GF, DF, V	Dairy Free Meal Substitution Available (Upon Request) V = Vegetarian 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 and Assorted Dressings *Subject to change We offer fresh fruit, and local Upstate Farms 1% and skim milk daily.
Haven Meatless Meals	Vegetable Burger with Sautéed Spinach and Onions	Mediterranean Style Portobello Mushroom ^{GF} with Spinach, Tomatoes, Feta, and Red Onion	Roasted Red Pepper Penne Pasta GF, DF in a Light Olive Oil Sauce with Roasted Peppers	Egg and Cheese Bagel Sandwich	Roasted Veggie Wrap with Baby Spinach, Pepper Jack Cheese, and Zesty Ranch	
Sous Calaus Fresh Made Soups	Butternut Squash Bisque ^{GF V}	Chicken Noodle ^{GF,} DF	Chicken Chili ^{GF}	Tomato ^{GF V}	Italian Wedding	
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.	Yogurt Cup	Ritz Crackers and String Cheese	Celery Sticks and Sunbutter	Whole Grain Blueberry Muffin	Whole Grain Cheez-Its	

elmwood franklin school Lunch Menu March 18 – 22

	Monday	Tuesday	Wednesday	Thursday	Friday	GF / DF = Gluten Free,
Feature of the Day	100% Beef Cheeseburger GF Oven Baked and Served on a Warm Roll with Lettuce, Tomato, and Onion Baked French Fries GF, DF, V Peas GF, DF V	Beef Tacos GF, DF 100% Ground Beef with Taco Spices, Lettuce, Tomato, Onion, and Cheese Steamed Brown Rice GF, DF, V Seasoned Corn GF, DF v	Chicken Finger Sub Baked Chicken Fingers GF avail on a Warm Costanzo Roll Tator Tots GF, DF, V Glazed Carrots GF, DF	Breakfast for Lunch Pancakes ^{V GF avail} Hash Brown Patties V Chicken Breakfast Sausage ^{GF, DF}	Fresh Baked Pizza Cheese V or Pepperoni (Pork) GF, DF Seasoned Potato Wedges GF, DF V Green Beans GF, DF V	Dairy Free Meal Substitution Available (Upon Request) V = Vegetarian Daily Deli Options Turkey Pepperoni (pork) Cheese Sunbutter Sunbutter and Jelly
Herbivore's Haven Meatless Meals	Mediterranean Tofu Wrap with Seasoned and Baked Tofu, Spinach, Tomatoes, and Feta	Veggie Flat Bread Pizza ^{GF}	Egg Salad Sandwich ^{DF GF} on a Costanzo Roll with Romaine Lettuce	Falafel Pita with Roasted Chickpea Fritters, Tomato, Onion, Sprouts, and Feta	Savory Black Bean Burger GF with Sliced Red Onions and Romaine Lettuce	NYS Farm Fresh Daily Salad Bar Lettuce Carrots Cucumbers Tomatoes Variety of Seasonal
Soups & Salaus Fresh Made Soups	Minestrone ^{GF, DF, V}	Chicken Noodle ^{GF,} DF	Beef Barley ^{DF}	Beans and Greens GF, DF, V	French Onion ^{GF}	Produce Salad Bar Toppings: Bacon Bits, Croutons, Crumbled Eggs, Olives, Pepperoncini, Shredded Cheddar and Assorted Dressings *Subject to change
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.	Bananas	Yogurt Cup	Orange Wedges	Carrot Sticks and Ranch Cup	Whole Grain Fruit Muffin	We offer fresh fruit, and local Upstate Farms 1% and skim milk daily.