






elmwood franklin school

Oct 1-4 Lunch Menu*

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Feature of the Day</i></p> 		<p>Sweet & tangy Korean glazed short ribs (pork)</p> <p>Brown Rice ^{GF,DF} Broccoli ^{GF,DF}</p> <p>DF</p>	<p>Buttermilk pancakes served w/ warm syrup</p> <p>Chicken Sausage ^{GF,DF} Tater Tots ^{GF,DF}</p> <p>GF waffles available</p>	<p>Sweet Chili Chicken: roasted chicken legs w/ sweet chili glaze</p> <p>Cilantro-Lime Rice Carrots</p> <p>GF, DF</p>	<p>Pepperoni (Pork) or Cheese Pizza, seasoned potato wedges</p> <p>Corn ^{GF,DF}</p> <p>GF, DF crust available, GF potatoes available, and DF cheese available</p>
 <p><i>Meatless Meals</i></p>		<p>Greek Flat Bread</p> <p>GF, DF Greek Salad available</p>	<p>Pasta Primavera w/ lemon juice, olive oil, and garlic sauce</p> <p>DF GF pasta available</p>	<p>Veggie Lo Mein Stir Fry w/ teriyaki soy glaze</p> <p>DF GF pasta available</p>	<p>Portebello Mushroom Pizza w/ bruschetta & mozzarella</p> <p>GF crust available, DF cheese</p>
 <p><i>Fresh Made Soups</i></p>		<p>French Onion w/ crispy croutons</p> <p>GF, DF if no cheese or croutons</p>	<p>White Bean & Cabbage</p> <p>GF, DF</p>	<p>Broccoli & Cheddar</p> <p>GF</p>	<p>Chicken Noodle</p> <p>GF available DF</p>
<p>Mid-Morning Snack</p> <p>Allergen friendly snack alternative is fresh fruit.</p>		<p>Oat Bar</p>	<p>Celery Sticks & Sunbutter</p>	<p>Cheeze Its</p>	<p>Carrot Sticks & Ranch Dressing</p>

*GF = Gluten Free
DF = Dairy Free
Allergen Meal Substitutions Available
(Upon Request)

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

(Menu subject to change)




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

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Oct 7–11 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	<p>Braised chicken, spinach, & mushroom pasta w/ grated Parmesan</p> <p>Roasted Root Veggies ^{GF, DF}</p> <p>Hawaiian Roll</p> <p>^{GF} roll & pasta available</p>	<p>Braised & Shredded BBQ Pork Shoulder on Costanzo Roll</p> <p>Baked Crinkle Cut Fries ^{GF, DF}</p> <p>Coleslaw ^{DF, GF}</p> <p>^{GF} roll available</p>	<p>Greek Chicken Gyros Bar served w/ tzatziki sauce, sliced tomatoes, red onion, cucumbers, parsley & feta</p> <p>Sauteed Squash ^{GF, DF}</p> <p>Pita</p> <p>^{DF} if no cheese</p>	<p>Penne Pasta w/ Italian Tomato Garlic Basil Beef Sauce</p> <p>Sweet Corn ^{GF, DF}</p> <p>Breadsticks</p> <p>^{GF} pasta available</p>	<p>Pepperoni (Pork) or Cheese Pizza, seasoned potato wedges</p> <p>Green Beans ^{GF, DF}</p> <p>^{GF, DF} crust available, ^{GF} potatoes available, and ^{DF} cheese available</p>
 <p><i>Meatless Meals</i></p>	<p>Roasted red pepper Linguine in a light olive oil sauce</p> <p>^{GF} pasta available</p>	<p>Pesto Penne Pasta w/ Roasted Tomatoes</p> <p>^{GF} pasta available</p>	<p>Creamy Egg Salad Pita</p> <p>^{DF}</p>	<p>Italian Herb Lentil Patties w/ mozzarella & marinara sauce</p>	<p>Mediterranean Tuna Salad Wrap w/ feta & black olives</p>
 <p><i>Fresh Made Soups</i></p>	<p>Butternut Squash Bisque</p> <p>^{GF}</p>	<p>Collard Green & Turkey</p>	<p>Split Pea & Ham</p>	<p>Pulled BBG Pork Soup</p> <p>^{GF}</p>	<p>Beef Vegetable</p> <p>^{GF, DF}</p>
<p>Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.</p>	<p>Orange Smiles</p>	<p>Carrot Sticks & Ranch Dressing</p>	<p>Benefit Bar</p>	<p>Ritz Crackers & String Cheese</p>	<p>Mini Bananas</p>




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Oct 14–18 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	<p>SCHOOL CLOSED— Indigenous Peoples' Day</p>	<p>Baked Jamaican Jerk Chicken^{DF}</p> <p>Rice Pilaf Steamed Peas^{GF, DF}</p> <p>GF brown rice available</p>	<p>Grilled Cheddar Cheese</p> <p>Baked Tator Tots^{GF, DF} Cauliflower^{GF, DF}</p> <p>GF bread available</p>	<p>Marinated Baked Chicken Breast^{GF, DF}</p> <p>Rosemary, Garlic Scalloped Potatoes^{GF} Glazed Carrots^{GF, DF}</p>	<p>Pepperoni (Pork) or Cheese Pizza, seasoned potato wedges</p> <p>Broccoli^{GF, DF}</p> <p>GF, DF crust available, GF potatoes available, and DF cheese available</p>
 <p><i>Meatless Meals</i></p>		<p><i>National Mushroom Day!</i></p> <p>Marinated Portobello Sandwich w/ Basil Pesto</p> <p>GF bread available</p>	<p>Black Bean Burger w/ red onion & tomato slices</p>	<p>Egg Salad Sandwich on Costanzo Roll w/ romaine</p> <p>DF GF bread available</p>	<p>Roasted Veggie Wrap w/ spinach, pepper jack cheese and zesty ranch</p> <p>DF if no cheese</p>
 <p><i>Fresh Made Soups</i></p>		<p>Savory Celery Leaf and Red Pepper</p> <p>GF</p>	<p>Braised beef & chipotle soup (rich safrito base of garlic, onion & cilantro)</p> <p>GF, DF</p>	<p>Roasted Sweet Bell Pepper & Jalapeno Bisque</p> <p>GF</p>	<p>French Onion</p> <p>GF, DF available</p>
<p>Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.</p>		<p>Mini Bananas</p>	<p>Cheez-Its</p>	<p>Yogurt Cup</p>	<p>Celery & SunButter</p>




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Oct 21–25 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	<p>Smoked Sausage w/ peppers & onion on a Bun</p> <p>Baked French Fries Carrots ^{GF, DF}</p> <p>^{GF} bun & potatoes available</p>	<p>Zesty Chicken Riggies and Penne Pasta: braised chicken breasts in a creamy red pepper flake tomato sauce</p> <p>Warm Dinner Roll Broccoli</p> <p>^{GF} bread & pasta available</p>	<p>100% Beef Cheeseburger on Bun</p> <p>Crispy Potatoes Green Beans</p> <p>^{GF} bun and potatoes available, ^{DF} if no cheese</p>	<p>Mexican Style Rice Bowl w/ seasoned diced chicken breast, cilantro-lime rice, fresh pico de gallo</p> <p>Tortilla Chips</p> <p>^{GF, DF}</p>	<p>Pepperoni (Pork) or Cheese Pizza, seasoned potato wedges</p> <p>Corn ^{GF, DF}</p> <p>^{GF, DF} crust available, ^{GF} potatoes available, and ^{DF} cheese available</p>
 <p><i>Meatless Meals</i></p>	<p>Portobella Mushroom Pizza w/ bruschetta & mozzarella</p> <p>^{GF} crust available, ^{DF} cheese</p>	<p>Oven Baked Veggie Burger w/ sauteed spinach & roasted peppers</p>	<p>Pasta Primavera (penne pasta tossed w/ sauteed veggies)</p> <p>^{GF} pasta available</p>	<p>Roasted Tofu Pita w/ lettuce, tomato, onion & feta</p> <p>^{DF} if no cheese</p>	<p>Roasted Veggie Wrap w/ seasoned & roasted veggies, lettuce & tomatoes</p> <p>^{DF}</p>
 <p><i>Fresh Made Soups</i></p>	<p>Sausage, Spinach & Barley Soup</p> <p>^{DF}</p>	<p>Pepper Jack Cheese Bisque</p> <p>^{GF}</p>	<p>Turkey & Bacon (pork) Corn Chowder</p> <p>^{GF}</p>	<p>Beef Lentil</p> <p>^{GF, DF}</p>	<p>Chicken Noodle</p> <p>^{GF} available, ^{DF}</p>
<p>Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.</p>	<p>Bananas</p>	<p>Carrots & Ranch Dressing</p>	<p>Orange Smiles</p>	<p>Whole Grain Fruit Muffins</p>	<p>Unsweetened Applesauce</p>




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Oct 28–31 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	Roasted Honey Sliced Turkey Breast w/ fresh Turkey Pan Gravy Sweet Cornbread Stuffing Corn on the Cob <small>GF, DF</small>	Marinated Beef Tips Roasted Root Vegetables Rice <small>GF, DF</small>	Roasted Chicken Breast w/ creamy Parmesan, Mushroom & Spinach Sauce Parsley Egg Noodles Carrots <small>GF</small> pasta available	<p><i>Cheeseburgers 100% ground beef on costanzo roll Crispy fries mixed vegetables</i></p>	
 <p><i>Meatless Meals</i></p>	Spaghetti tossed in olive oil, garlic, black olives, oregano, & Parmesan cheese <small>GF</small> pasta available	Black Bean Burger w/ red onions & tomato slices	Avocado Bruschetta Toast <small>DF</small> available	Falafel Wrap w/ roasted chickpea fritters, tomato, onion, sprouts & feta	
 <p><i>Fresh Made Soups</i></p>	Chicken Gnocchi w/ pork sausage, spinach & roasted tomatoes	Carrot Coriander <small>GF, DF</small>	Chicken Noodle <small>GF, DF</small>	Black Bean Calico <small>GF, DF</small>	
<p>Mid-Morning Snack <small>Allergen friendly snack alternative is fresh fruit.</small></p>	Celery Sticks & SunButter	Whole Grain Fruit Muffins	Unsweetened Applesauce	Orange Smiles	

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