






elmwood franklin school

Dec. 2 – 6 Lunch Menu




	Monday	Tuesday	Wednesday	Thursday	Friday	
 <p><i>Feature of the Day</i></p>	School Closed	Seasoned 100% Fresh Ground Beef Tacos ^{GF Avail} Rice Pilaf ^{GF} Seasoned Corn ^{GF} Topping Bar: Lettuce, Tomato, Onion, Cheese	Penne Pasta with Meatballs (Beef/Chicken) Roasted Broccoli ^{GF, DF} ^{GF, DF pasta available}	Chicken Finger Basket French Fries ^{GF, DF} Seasoned Corn ^{GF, DF} ^{GF chicken available}	Fresh Baked Pizza: Cheese or Pepperoni Seasoned Potato Wedges Glazed Carrots ^{GF, DF} ^{GF/DF pizza, potatoes avail}	<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>		Veggie Flatbreads: Baked and Topped with Fresh Sautéed Veggies ^{GF, DF Avail}	Roasted Veggie Wrap with Baby Spinach, Pepperjack Cheese, and Zesty Ranch ^{DF}	Black Bean Burger with Sliced Red Onions and Romaine Lettuce ^{DF}	Falafel Wrap: Roasted Chickpea Fritters with Tomato, Onion, Sprouts, and Feta ^{DF}	
 <p><i>Fresh Made Soups</i></p>		Loaded Potato Soup ^{GF}	Vegetable Soup ^{GF, DF}	Lentil and Black Bean Soup ^{GF, DF}	Minestrone ^{GF, DF}	
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.		Yogurt Cups	Sun Chips	Whole Grain Fruit Muffin	Cheez-Its	

Please contact your café team with questions on this menu.



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Dec 9 – 13 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	<p>100% Beef Burgers on a Costanzo Roll <i>GF roll avail</i></p> <p>Baked Tater Tots <i>GF</i> Seasoned Roasted Cauliflower <i>GF, DF</i></p>	<p>Pasta Primavera: Sautéed Veggies with Olive Oil and Herbs <i>GF pasta avail</i> and Baked and Diced Chicken Breast <i>GF, DF</i></p> <p>Caesar Salad</p>	<p>BBQ Chicken Breast Sandwich on a Costanzo Roll <i>GF roll avail, DF</i></p> <p>Pasta Salad Seasoned Corn <i>GF, DF</i></p>	<p>Beef Roll Ups: Tender Roasted Beef with Gravy <i>GF, DF</i></p> <p>Creamy Mashed Potatoes <i>GF, DF</i> Mixed Veggies <i>GF</i></p>	<p>Fresh Baked Pizza: Cheese or Pepperoni</p> <p>Oven Baked French Fries <i>GF</i> Green Beans <i>GF, DF pizza avail</i></p>
 <p><i>Meatless Meals</i></p>	<p>Black Bean Burger with Red Onion and Spinach <i>DF</i></p>	<p>Mediterranean Style Portobella Mushroom with Spinach, Tomatoes, Feta, and Red Onion <i>GF no cheese</i></p>	<p>Tuna Salad Wrap with Lettuce, Tomatoes, and Red Onion <i>DF</i></p>	<p>Egg and Cheese Bagel Sandwich <i>GF, DF available</i></p>	<p>Roasted Veggie Wrap with Baby Spinach, Tomatoes, and Zesty Ranch <i>DF</i></p>
 <p><i>Fresh Made Soups</i></p>	<p>Broccoli & Cheddar <i>GF, DF</i></p>	<p>Chicken Noodle <i>GF, DF</i></p>	<p>Tomato Soup <i>GF, DF</i></p>	<p>Southwest Chicken Chili <i>GF</i></p>	<p>Italian Wedding <i>DF</i></p>
<p>Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.</p>	<p>Clementines</p>	<p>Cereal Cups</p>	<p>Apple Slices</p>	<p>Blueberry Muffins</p>	<p>Cheese Sticks & Crackers</p>

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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Dec. 16 – 20 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
 <p><i>Feature of the Day</i></p>	<p>Manicotti: Rolled and Stuffed Pasta with Ricotta Cheese and Marinara Sauce ^{GF, DF}</p> <p>Garlic Cheese Breadsticks Seasoned Broccoli ^{GF, DF}</p>	<p>Orange Chicken: Oven Baked Chicken Bites in a Sweet and Savory Orange Glaze ^{GF, DF}</p> <p>Steamed Rice ^{GF, DF} Broccoli ^{GF, DF} Fortune Cookie</p>	<p>Grilled Cheddar Cheese Sandwich</p> <p>Sweet Potato Fries</p> <p>Seasoned Corn ^{GF, DF}</p>	<p><i>Breakfast for Lunch</i></p> <p>Pancakes ^{GF} Hash Brown Patties ^{GF, DF} Chicken Breakfast Sausage ^{DF}</p>	<p>Fresh Baked Pizza: Cheese or Pepperoni</p> <p>Tater Tots ^{GF, DF} Green Beans ^{GF, DF}</p>	<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>	<p>Mediterranean Tofu Wrap: Seasoned and Baked Tofu with Spinach, Tomatoes, and Feta</p>	<p>Veggie Flat Bread Pizza</p>	<p>Egg Salad Sandwich on a Costanzo roll with Romaine ^{GF}</p>	<p>Falafel Wrap: Roasted Chickpea Fritters with Tomato, Onion, Sprouts, and Feta ^{DF}</p>	<p>Black Bean Burger, with Sliced Red Onions, and Romaine Lettuce</p>	
 <p><i>Fresh Made Soups</i></p>	<p>Beef Vegetable Soup ^{GF, DF}</p>	<p>Mushroom and Rice ^{GF, DF}</p>	<p>Tomato Soup ^{GF, DF}</p>	<p>Beans and Greens ^{GF, DF}</p>	<p>French Onion ^{GF, DF} <i>with no croutons or cheese</i></p>	
<p>Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.</p>	<p>Pretzels</p>	<p>Mini Bagels and Cream Cheese</p>	<p>Teddy Grahams</p>	<p>Carrot Sticks and Ranch Cups</p>	<p>Benefit Bars</p>	

Please contact your café team with questions on this menu.