elmwood franklin school
August 31 – September 4 Lunch Menu*

	Monday	Tuesday	Wednesday	Thursday	Friday
Feature of the Day Queen City Café Homestyle Specials of the Day				**Italy** Baked Ziti Pasta Tossed in a Fresh Basil Marinara Meatballs Blanched Green Beans Garlic Knots GF, DF	**Pizza Day** Fresh Made Cheese or Pepperoni Pizza Baked French Fries Fresh Mixed Vegetables GF, DF
Herbivore's Haven *Meatless Meals*		Welcome Back to School		Italian Style Lentil Meatballs with Fresh Bruschetta Toast	Assorted Flatbread Pizzas
Simply Soups & Salads *Fresh Made Soups*				Italian Wedding	Chicken Noodle GF, DF
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.				Pears	Celery with Ranch Dressing

***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)

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Please contact Chef Joe at jlattanzio@elmwoodfranklin.org with questions on this menu.

elmwood franklin school
September 7–11 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Feature of the Day	School Closed – Labor Day	**Mexico** Seasoned Ground Beef Served over Corn Tortillas Mexican Rice and Seasoned Corn All the Fixings Available GF, DF	**Canada** Chicken Finger Plate French Fries and Gravy Fresh Vegetables GF, DF	**USA** All American Cheeseburgers 100% Beef Mac & Cheese Seasoned Vegetables GF, DF	**Pizza Day** Fresh Made Cheese or Pepperoni Pizza Baked French Fries Fresh Mixed Vegetables GF, DF
Meatless Meals		Black Bean Tacos GF,DF	Meatless Chicken Tenders Vegetarian Poutine GF, DF	Veggie Burger with Lettuce, Tomato and Onion GF, DF	Assorted Flatbread Pizzas
Fresh Made Soups		Chicken Tortilla GF, DF	Cream of Potato DF	Chicken Noodle GF, DF	Hearty Beef Chili GF, DF
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.		Whole Grain Muffin	Annie's Cheddar Crackers	Clementines	Carrot Sticks with Ranch Dressing

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elmwood franklin school
September 14–18 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Feature of the Day	**China** Orange Chicken Lo Mein Steamed Broccoli and Mixed Vegetables GF, DF	**Jamaica** Mild Jerk Chicken with Rice and Beans Roasted Vegetables GF, DF	**Korea** Korean BBQ Meatballs Steamed Jasmine Rice Sugar Snap Peas GF, DF	**Greece** Chicken Souvlaki Plate Greek Potatoes Seasoned Green Beans Greek Salad Pita Bread GF, DF	**Pizza Day** Fresh Made Cheese or Pepperoni Pizza Baked French Fries Fresh Mixed Vegetables GF, DF
Meatless Meals	Vegetarian Tofu Lo Mein GF, DF	Jamaican Pinto Beans with Light Curry Sauce over Rice GF, DF	Vegetarian Spring Rolls	Greek Pita Wraps	Assorted Flatbread Pizzas
Fresh Made Soups	Wonton Soup DF	Butternut Squash Soup GF	Beef Vegetables GF, DF	Butternut Squash Bisque GF	French Onion Soup with Crispy Croutons GF, DF if no cheese or croutons
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.	Fortune Cookie / Bananas	Pears	Applesauce	Issa's Pita Chips	Carrot Sticks with Ranch Dressing

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

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elmwood franklin school
September 21–25 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Feature of the Day	**School Closed – Yom Kippur**	**Lebanon** Chicken Shawarma with Seasoned Potatoes and Roasted Tomatoes and Onions *(Garlic Sauce Optional)* Pita Bread GF, DF	**India** Mild Butter Chicken Curry Served Over Jasmine Rice with Sautéed Carrots and Spinach Naan Bread GF, DF	**France** Croque Monsieur: Grilled Cheese on Thick Toast with Swiss *(Ham Optional)* Sweet Potato Fries with Honey Seasoned Vegetables GF, DF	**Pizza Day** Fresh Made Cheese or Pepperoni Pizza Baked French Fries Fresh Mixed Vegetables GF, DF
Meatless Meals		Falafel Wrap with Pickled Turnips and Stuffed with Fries and Tahini DF	Mild Butter Bean Curry Served Over Jasmine Rice with Sautéed Carrots and Spinach Naan Bread	Grilled Cheese on Whole Grain Bread with Glazed Pears and Apples	Assorted Flatbread Pizzas
Fresh Made Soups		Lentil Lemon and Spinach Soup DF	Broccoli Cheddar GF	Tomato Soup GF	Hearty Vegetarian Chili GF, DF
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.		Carrots and Ranch Dressing	Clementines	Whole Grain Fruit Muffins	Celery and Sun Butter

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elmwood franklin school
September 28 – October 2 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Feature of the Day	**Thailand** Chicken Pad Thai Rice Noodles with Sautéed Vegetables Tossed in an Asian-Inspired Sauce GF, DF	**Italy** Chicken Parmesan Buttered Pasta Sautéed Green Beans Garlic Knots GF, DF	**USA** 100% Beef Hot Dogs Baked Beans Roasted Corn All the Fixings Available GF, DF	**Mexico** Chicken and Black Bean Fiesta Bowl with Brown Rice, Corn Salsa, and Tortilla Chips GF, DF	**Pizza Day** Fresh Made Pizza Cheese and Pepperoni or just Cheese Baked French Fries Fresh Mixed Vegetables GF, DF
Meatless Meals	Tofu Pad Thai GF, DF	Stuffed Shells with Garlic Knots	Veggie Dogs or Black Bean Cheeseburgers GF, DF	Black Bean Fiesta Bowl with Corn Salsa and Chips and Guacamole GF, DF	Assorted Flatbread Pizzas
Fresh Made Soups	Asian Vegetable GF, DF	Minestrone	Chicken Noodle Soup GF, DF	Vegetable Tortilla GF, DF	Buffalo Chicken Soup
Mid-Morning Snack Allergen friendly snack alternative is fresh fruit.	Whole Grain Cheez-Its	Local In-Season Fruit	Bagels and Cream Cheese	Garden Salsa Sun Chips	Celery and Ranch Dressing

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