



OYSTER BAY HIGH SCHOOL | LUNCH MENU



Daily Offerings:



Made to Order Deli Bar with Boar's Head Sandwiches and Salads made to order (WG Breads, Rolls & WG Wraps) Oven Roasted Turkey, Ham(p), Buffalo Chicken Breast, Salami (p)& Roast Beef with or without cheese. Choice of Topping, Spreads & Dressings.

Daily Lunch Offerings
Grill-Assorted Burgers, Plain or Spicy Chicken Patty, Grilled Cheese, on WG Bread or Rolls
Pizza-Plain, Pepperoni(p), Vegetable Daily, plus Daily Pizza Special
Bagel Meal-Fresh Bakery Bagels with Butter or Cream Cheese with All-Natural Yogurt or (2)String Cheese
Pre-Made Yogurt Parfait -Fresh Fruit (2)Gram Crackers & Granola Cup.

Daily Side Vegetables & Fruits
 *Romaine Salad Bowl
 *Carrot Sticks with Ranch Dressing
 *Celery Sticks with Ranch Dressing
 *Cucumber Cup
 *Chickpea Salad Cups
 *Apples, Bananas & Oranges

*1% White Milk, Fat Free Chocolate & Fat free White Milk (Milk it's included with all meals)

(P) Denotes item may contain pork
 All-Natural whole muscle Meat
 (WG) Whole Grain

| MON | TUES | WED | THURS | FRI |
|--|---|--|---|---|
|  | | | | |
| Ham & Cheddar Cheese on a WG Flatbread Baked Sweet Yams Fresh Whole Apple ⁶ | Chicken & Cheddar Cheese Quesadillas w/ Spanish Rice Sweet Corn Fresh Oranges ⁷ | Homemade Mac & Cheese w/ WG Dinner Roll Steamed Green Beans Caesar Salad Fresh Honeydew Cups ¹ | All-Natural Chicken Nuggets w/ WG Dinner Roll Baked Curly Fries Fresh Grapes ² | Tso's Seasoned Chicken on Soft or Hard Shell Tacos w/ Lettuce, Cheddar Cheese and Pico de Gallo Corn on the Cob Fresh Orange ³ |
| WG Pizza Sticks w/ Marinara Sauce Roasted Broccoli Fresh Pears ¹³ | Build Your Own Healthy Bowl: Chickpea, Black Bean, or Chicken Breast, Rice Bowl, Cheddar Cheese, Tomato Salsa, and Corn Yellow Rice Fresh Pineapple ¹⁴ | All-Natural WMM Chicken w/ or w/out General Tso's Sauce Pineapple Fried Rice Mixed Vegetable Stir Fry Roasted Broccoli Fresh Cantaloupe Cups ⁸ | Penne Pasta w/ Diced Chicken & Tomato Sauce or Olive Oil WG Garlic Breadstick Cherry Tomato Ripe Banana ⁹ | Nachos Turkey Taco Meat on WG Corn Nacho Scoops w/ Melted Cheddar Cheese Three Bean Salad Fresh Pineapple ¹⁰ |
| All-Natural Chicken Nuggets w/ WG Dinner Roll Baked Curly Fries Fresh Grapes ²⁰ | Tso's Seasoned Chicken on Soft or Hard Shell Tacos w/ Lettuce, Cheddar Cheese and Pico de Gallo Corn on the Cob Fresh Orange ²¹ | Homemade Mac & Cheese w/ WG Dinner Roll Steamed Green Beans Caesar Salad Fresh Honeydew Cups ¹⁵ | BRUNCH FOR LUNCH French Toast Sticks w/ Chicken Sausage Patty Mashed Sweet Potato Fresh Watermelon ¹⁶ | All-Natural Chicken Nuggets w a WG Dinner Roll Baked Curly Fries Fresh Grapes ¹⁷ |
|  | Schools Closed ²⁸ | Penne Pasta w/ Diced Chicken & Tomato Sauce or Olive Oil WG Garlic Breadstick Roasted Zucchini Fresh Blueberries ²² | Baked Potato Bar with Cheddar Cheese and Vegetarian 3-Bean Chili and Sour Cream Cherry Tomato Fresh Pears ²³ | MEMORIAL DAY Observance Schools Closed ²⁴ |
| | | All-Natural WMM Chicken w/ or w/out General Tso's Sauce Pineapple Fried Rice Mixed Vegetable Stir Fry Roasted Broccoli Fresh Cantaloupe Cups ²⁹ | BRUNCH FOR LUNCH French Toast Sticks w/ Chicken Sausage Patty Baked Curly Fries Fresh Strawberry ³⁰ | All-Natural Chicken Nuggets w/ WG Dinner Roll Baked Curly Fries Fresh Grapes ³¹ |

Menus are subject to change.

Free/Reduce:\$0.00
 Full Price:\$3.00
 Adult Price:\$5.02 + Tax
 (WG) "Whole Grain"
 (P) Denotes item may contain pork

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk



This institution is an equal opportunity provider.

Powering potential.

