EAST MORICHES East Moriches Elementary School

THURS

Breakfast Menu

FRI

Available Daily:

-WG Bagel									
with Butter or Cream Cheese -Cold Cereal Variety -String Cheese -Variety of Fresh &	¹ School Closed	Fruit and Yogurt Parfait w/Granola Fruit Choice Milk Choice	3 Strawberry Stuffed Cream Cheese Bagel Fruit Choice Milk Choice	Bacon, Egg, & Cheese on a WG Bun Fruit Choice Milk Choice	5 WG Waffles Fruit Choice Milk Choice				
Cupped Fruits -Fat Free Chocolate Milk, Fat Free White Milk, or 1% White Milk -4 oz 100% Apple, Orange, Tropical Juice	8 Blueberry Muffin Square Fruit Choice Milk Choice	Strawberry ⁹ Stuffed Cream Cheese Bagel Fruit Choice Milk Choice	10 CiniMini Fruit Choice Milk Choice	Ham, Egg, & 11 Cheese on a Bun Fruit Choice Milk Choice	12 Confetti Pancakes Fruit Choice Milk Choice				
All Breakfast <u>Must</u> Include Fruit Choice of: Fat Free	15 Chocolate Chip Muffin Fruit Choice Milk Choice	16 Fruit and Yogurt Parfait w/Granola Fruit Choice Milk Choice	17 WG French Toast Fruit Choice Milk Choice	18 Egg, & Cheese on a Bun Fruit Choice Milk Choice	19 Pancake on a stick Fruit Choice Milk Choice				
Chocolate Milk, Fat Free White Milk, or 1% White Milk		Spring	Break Schoo	ol Closed					
Powering potential.	29 Cinnamon Breakfast	30 Strawberry Stuffed Cream							
Denotes item prepared from scratch or speed scratch	Round Fruit Choice Milk Choice	Cheese Bagel Fruit Choice Milk Choice							
Indicates a Fresh Produce	Menus are subject to change.								

UNION FREE SCHOOL DISTRICT

WED

TUES

MON

Menus are subject to change.



Breakfast Meal Price: \$2.20





East Moriches Middle School

Breakfast Menu

Availa

All	Breakfa	ast	<u>Must</u>
	Include	Fr	uit

Available Daily:	MON	TUES	WED	THURS	FRI				
with Butter or Cream Cheese -Cold Cereal Variety -String Cheese -Variety of Fresh &	¹ School Closed	2 CiniMini Fruit Choice Milk Choice	3 Strawberry Stuffed Cream Cheese Bagel Fruit Choice Milk Choice	4 Ham & Cheese Melt on a WG Bagel Fruit Choice Milk Choice	5 WG Waffles Fruit Choice Milk Choice				
Cupped Fruits -Fat Free Chocolate Milk, Fat Free White Milk, or 1% White Milk -4 oz 100% Apple, Orange, Tropical	8StrawberryChocolate Chip Muffin Fruit Choice Milk ChoiceStuffed Cream Cheese Bagel Fruit Choice Milk Choice		Cinnamon ¹⁰ Breakfast Round Fruit Choice Milk Choice	11 Egg & Cheese on a WG Bun Fruit Choice Milk Choice	12 WG Pancake on a Stick Fruit Choice Milk Choice				
Juice All Breakfast <u>Must</u> Include Fruit Choice of: Fat Free	15 Blueberry Muffin Top Fruit Choice Milk Choice	16 WG Waffles Fruit Choice Milk Choice	17 CiniMini Fruit Choice Milk Choice	18 Sausage, Egg & Cheese on a WG Bun Fruit Choice Milk Choice	Chicken ¹⁹ Sausage WG Pancakes Bites Fruit Choice Milk Choice				
Chocolate Milk, Fat Free White Milk, or 1% White Milk	Spring Break School Closed								
Powering potential.	29 Banana Chip Muffin Fruit Choice Milk Choice	30 WG Waffles Fruit Choice Milk Choice		1	1				

scratch or speed scratch Indicates a Fresh Produce

Menus are subject to change.



Breakfast Meal Price: \$2.20



EAST MORICHES East Moriches Elementary School

Lunch Menu

Available

-WG Bagel with Butte or Cream Cheese -Cold Cerea Variety -String Che -Variety of **Cupped Fr** -Fat Free C Milk, Fat F White Mill White Mill -4 oz 100% Orange, Tr Juice

All Lund Must Ind Choice Fruits a Vegeta And M Includ 1% Lov Mill

e Daily:		MON		TUES	W	ED		THURS		FRI	
er eal ieese of Fresh &	₁ School Closed		2 WG Mozzarella Sticks WG Dinner Roll Fresh Broccoli Fruit Choice		<i>3</i> WG Waffles Chicken Sausage Tater Tots Fruit Choice		4 WG Corn Dog Bites Vegetarian Beans Fruit Choice		WG Cheese or Pepperoni Pizza Romaine Side Salad Fruit Choice		
ruits Chocolate Free Ik, or 1% Ik % Apple, Tropical	⁸ Chicken Patty w/ Cheese on a WG Bun Carrots Fruit Choice		M WG Ro	Pasta with ⁹ eat Sauce Dinner Roll maine side Salad ruit Choice	WG F Toast C Saus Tater Fruit C	hicken age		11 Hot Dog Vegetarian Beans Fruit Choice		12 WG Cheese or Pepperoni Pizza Romaine Side Salad Fruit Choice	
nches nclude re of: and/or	Se W	VG Popcorn Chicken easoned Rice /hole Kernel Corn Fruit Choice		16 zza Crunchers with Sauce Broccoli Fruit Choice	WG W Chicken S Tater Fruit C	Sausage Tots	N Veg	18 iicken or Beef Nachos with Cheese getarian Beans hoice of fruit	Pep Ro	19 G Cheese or operoni Pizza omaine Side Salad ruit Choice	
table May Ide: w-Fat Ik		Spring Break School Closed									
		20		20							

Powering potential.

> Denotes item prepared from scratch or speed scratch

> > Indicates a Fresh Produce

29 **Boneless Chicken** Maxx Sticks w/ Wings w/Dinner Marinara Sauce roll Fresh Broccoli Carrots Choice of Fruit Choice of Fruit

Menus are subject to change.

Lunch Meal Price: \$3.45 **Pizza Served Daily**





East Moriches Middle School Lunch Menu

Available

-WG Bagel with Butter or Cream Cheese -Cold Cerea Variety -String Che -Variety of **Cupped Fru** -Fat Free Ch Milk, Fat Fr White Milk White Milk -4 oz 100% Orange, Tro Juice

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

Daily:		MON		TUES		WED		THURS		FRI	
r al eese Fresh &	1 School Closed WG Popcorn Chicken Seasoned Rice Whole Kernel Corn		2 Mozzarella Sticks w/ Marinara Sauce Fresh Broccoli Fruit Choice 9 Pizza Crunchers w/ Marinara Sauce Green Beans Fruit Choice		Chi F	3 WG French Toast Chicken Sausage French Fries Fruit Choice		4 Chicken Patty w/ Cheese on a WG Bun Vegetarian Beans Fruit Choice		5 WG Cheese or Pepperoni Pizza Baby Carrots Fruit Choice	
uits hocolate ree c, or 1% c Apple, opical					10 WG Waffles Chicken Sausage Cucumber Coins Fruit Choice		11 Chicken or Beef Tacos with Cheese Vegetarian Beans Choice of fruit		12 WG Cheese or Pepperoni Pizza Baby Carrots Fruit Choice		
ches clude e of: nd/or	G Ch	15 cken Nuggets Rice reen Beans noice of Fruit noice of Fruit	Mac v Veş	16 memade Baked aroni & Cheese vG Dinner Roll getarian Beans Fruit Choice	Eg	17 G Pancakes, gg & Cheese Cucumber Wedges noice of Fruit	or C Roa Ch	18 Iamburger Cheeseburger sted Broccoli oice of Fruit noice of fruit	Pep Ba	19 G Cheese or operoni Pizza aby Carrots ruit Choice	

Spring Break School Closed

Powering potential.

> Denotes item prepared from scratch or speed scratch

29 WG Pasta with³⁰ Chicken Patty w/ Meat Sauce Cheese on a WG WG Dinner Roll Bun Romaine side Vegetarian Beans Fruit Choice Choice of Fruit

е

Indicates a Fresh Produce

Menus are subject to change.

Salad

Lunch Meal Price: \$3.45 Pizza Served Daily

