






# elmwood franklin school

## May 1-3 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Feature of the Day</p> 			<p><b>Breakfast for Lunch:</b> Buttermilk Pancakes Served with Warm Maple Syrup and Chicken Sausage</p> <p>Crispy Baked Tater Tots<sup>GF,DF</sup> DF GF waffle available</p>	<p><b>Marinated Roasted Chicken Breast with Rosemary Garlic</b></p> <p>Scalloped Potatoes</p> <p>Glazed Carrots<sup>GF,DF</sup> GF</p>	<p><b>Pepperoni (Pork) or Cheese Pizza</b></p> <p>Seasoned Potato Wedges</p> <p>Green Beans<sup>GF,DF</sup></p> <p>GF, DF crust available, GF potatoes available, and DF cheese available</p>	<p><b>*GF = Gluten Free</b> <b>DF = Dairy Free</b> <b>Allergen Meal Substitutions Available</b> (Upon Request)</p> <p><b>Daily Deli Options</b> Turkey Pepperoni (pork) Cheese Sunbutter Sunbutter &amp; Jelly</p> <p><b>NYS Farm Fresh Daily Salad Bar</b> Lettuce Carrots Cucumbers Tomatoes Variety of seasonal produce</p> <p><b>Salad Bar Toppings:</b> Bacon Bits, Croutons, Crumbled Eggs, Olives, Peppercini, Shredded Cheddar, and Assorted Dressings</p> <p>(Menu subject to change)</p>
 <p>Meatless Meals</p>			<p>Egg Salad Sandwich on Costanzo Roll with Romaine</p> <p>DF GF bread available</p>	<p>Roasted Portobello Mushroom Pizza with Bruschetta and Mozzarella</p> <p>GF crust available</p>	<p>Veggie Burger with Sautéed Spinach and Onions</p> <p>DF GF bread available</p>	
 <p>Fresh Made Soups</p>			<p>Authentic Turkey Vegetable Soup Made From Fresh Turkey Stock and Pan Drippings GF, DF</p>	<p>Roasted Sweet Bell Pepper and Jalapeno Bisque GF</p>	<p>French Onion Soup with Crispy Croutons GF, DF if no cheese or croutons</p>	
<p><b>Mid-Morning Snack</b> Allergen friendly snack alternative is fresh fruit.</p>			<p>Carrot Sticks and Ranch Dressing</p>	<p>Applesauce Cups</p>	<p>Orange Wedges</p>	




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

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## May 6-10 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	<p><b>Creamy Chicken Gnocchi Alfredo with Breadstick</b></p> <p>Cauliflower and Roasted Red Peppers <small>GF,DF</small></p> <p><small>DF if no sauce</small></p>	<p><b>Jamaican Jerk Chicken:</b> Baked Chicken Thighs Seasoned with Allspice, Ginger Cinnamon and Brown Sugar</p> <p>Brown Rice and Steamed Peas</p> <p><small>GF, DF</small></p>	<p><b>Grilled Cheese:</b> Oven Toasted Cheddar Cheese Sandwich</p> <p>Baked French Fries</p> <p>Green Beans<sup>GF,DF</sup></p> <p><small>GF bread and potatoes available</small></p>	<p><b>Zesty Chicken Riggies and Penne Pasta:</b> Braised Chicken Breast in a Creamy Red Pepper Flake Tomato Sauce</p> <p>Dinner Roll</p> <p>Broccoli<sup>GF,DF</sup></p> <p><small>GF pasta available</small></p>	<p><b>Pepperoni (Pork) or Cheese Pizza</b></p> <p>Seasoned Potato Wedges</p> <p>Corn<sup>GF,DF</sup></p> <p><small>GF, DF crust available, GF potatoes available, and DF cheese available</small></p>
 <p><i>Meatless Meals</i></p>	<p>Black Bean Burger with Red Onion and Tomato Slices</p>	<p>Greek Tofu Pitas<sup>DF</sup> with Roasted Tofu, Lettuce, Tomato, Onion, and Feta</p> <p><small>DF if no cheese</small></p>	<p>Veggie Burger with Sautéed Mushrooms and Onions</p> <p><small>DF</small></p>	<p>Roasted Veggie Wrap with Baby Spinach, Pepper Jack Cheese, and Zesty Ranch</p>	<p>Mediterranean Flatbread</p> <p><small>GF crust available</small></p>
 <p><i>Fresh Made Soups</i></p>	<p>Butternut Squash</p> <p><small>GF, DF</small></p>	<p>BBQ Pulled Pork</p> <p><small>GF, DF</small></p>	<p>Caribbean Ground Beef Cabbage</p> <p><small>GF, DF</small></p>	<p>Chicken Noodle</p> <p><small>GF, DF</small></p>	<p>Italian Wedding</p>
<p><b>Mid-Morning Snack</b> Allergen friendly snack alternative is fresh fruit.</p>	<p>Yogurt Cups</p>	<p>Ritz Crackers and String Cheese</p>	<p>Benefit Bar</p>	<p>Banana</p>	<p>Celery Sticks and Sun Butter</p>




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## May 13-17 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Feature of the Day</p>	<p><b>Sloppy Joes on Constanzo Rolls:</b> 100% Ground Beef Simmered in a Rich, Tangy Tomato Sauce</p> <p>Braised Carrots and Onions<sup>GF</sup></p> <p>DF GF bread available</p>	<p><b>Grilled Chicken and Vegetable Stir Fry:</b> Tossed in Sweet and Savory Orange Glaze and Served with Basmati Rice and Broccoli Florets</p> <p>DF, GF</p>	<p><b>Loaded Potatoes with Zesty Beef Chili</b> Topped with Cheddar Cheese and Green Onion</p> <p>Warm Dinner Roll</p> <p>Sweet Corn<sup>GF, DF</sup></p> <p>GF roll available DF if no cheese</p>	<p><b>Sweet Chili Roasted Chicken Legs and Thighs:</b> Tossed with Sweet Chili Glaze and Served Over Cilantro Lime Rice and Stir Fry Vegetables</p> <p>DF, GF</p>	<p><b>Pepperoni (Pork) or Cheese Pizza</b></p> <p>Seasoned Potato Wedges</p> <p>Green Beans<sup>GF, DF</sup></p> <p>GF, DF crust available, GF potatoes available, and DF cheese available</p>
 <p>Meatless Meals</p>	<p><i>International Hummus Day</i></p> <p>Sliced Tomato and Garlic Hummus Avocado Grilled Sandwich</p> <p>DF GF bread available</p>	<p>Roasted Veggie Tofu Brown Rice Bowl: Roasted Butternut Squash, Broccoli, Tahini Sauce</p> <p>DF, GF</p>	<p>Marinated Portobello Sandwich with Nut-Free Basil Pesto</p> <p>GF bread available</p>	<p>Falafel<sup>GF</sup> Wrap: Roasted Chickpea Fritters with Tomato, Onions, Bean Sprouts, and Feta</p> <p>DF if no cheese</p>	<p>Vegetable Stir Fry with Red Pepper Flakes and Teriyaki Soy Glaze</p> <p>DF, GF</p>
 <p>Fresh Made Soups</p>	<p>Creamy Potato Ham</p> <p>GF</p>	<p>White Bean and Cabbage Stew</p> <p>GF, DF</p>	<p>Pepper Jack Cheese Bisque</p> <p>GF</p>	<p>Spicy Thai Vegetable and Chicken Meatballs with Lemon Grass</p> <p>DF</p>	<p>Wild Mushroom</p> <p>GF</p>
<p><b>Mid-Morning Snack</b> Allergen friendly snack alternative is fresh fruit.</p>	<p>Applesauce Cups</p>	<p>Whole Grain Cheez-Its</p>	<p>Orange Wedges</p>	<p>Carrot Sticks and Ranch Dressing</p>	<p>Whole Grain Blueberry Muffin</p>




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## May 20-24 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	<p><b>Pasta Shells Filled with Ricotta Cheese and Topped with Fresh Marinara</b></p> <p>Breadstick</p> <p>Seasoned Broccoli<sup>GF, DF</sup></p> <p><sup>GF, DF</sup> pasta available</p>	<p><b>Chicken Finger Sub:</b> Baked Chicken Fingers and Cheese on Warm Constanzo Roll</p> <p>Seasoned Fries</p> <p>Green Beans<sup>GF, DF</sup></p> <p><sup>GF</sup> chicken, potatoes and bread available, <sup>DF</sup> if no cheese available</p>	<p><b>Greek Chicken<sup>GF</sup> Gyro Pita<sup>DF</sup></b> with your choice of Tzatziki Sauce, Sliced Tomatoes, Red Onion, Cucumber, Parsley, and Feta</p> <p>Sauteed Squash<sup>GF, DF</sup></p> <p><sup>DF</sup> if no sauce, cheese</p>	<p><b>Seasoned, Baked Chicken Breast</b> in a Delicate Mustard Cream Sauce</p> <p>Creamy Mashed Potatoes</p> <p>Sweet Peas<sup>GF, DF</sup></p> <p><sup>GF</sup></p>	<p><b>Pepperoni (Pork) or Cheese Pizza</b></p> <p>Seasoned Potato Wedges</p> <p>Carrots<sup>GF, DF</sup></p> <p><sup>GF, DF</sup> crust available, <sup>GF</sup> potatoes available, and <sup>DF</sup> cheese available</p>
 <p><i>Meatless Meals</i></p>	<p>Spaghetti Tossed in Olive Oil, Garlic, Black Olives Topped with Oregano and Parmesan</p> <p><sup>GF</sup> pasta available, <sup>DF</sup> if no cheese</p>	<p>Egg and Cheese Bagel Sandwich</p> <p><sup>DF</sup> if no cheese</p>	<p>Pesto Penne Pasta with Roasted Tomatoes</p> <p><sup>GF</sup> pasta available</p>	<p>Grilled Eggplant Panini with Basil Aioli</p> <p><sup>DF</sup></p>	<p>Italian Herb-Lentil Patty with Mozzarella and Marinara</p>
 <p><i>Fresh Made Soups</i></p>	<p>Collard Greens and Turkey</p> <p><sup>GF, DF</sup></p>	<p>Spinach and Pork Sausage Lentil</p> <p><sup>GF, DF</sup></p>	<p>Turkey and Bacon Corn Chowder</p> <p><sup>GF</sup></p>	<p>French Onion Soup with Seasoned Croutons</p> <p><sup>GF, DF</sup> if no cheese or croutons</p>	<p>Minestrone</p> <p><sup>DF</sup></p> <p><sup>GF</sup> if no pasta</p>
<p><b>Mid-Morning Snack</b> Allergen friendly snack alternative is fresh fruit.</p>	<p>Bananas</p>	<p>Celery Sticks and Sun Butter</p>	<p>Orange Wedges</p>	<p>Benefit Bar</p>	<p>Applesauce Cups</p>

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**elmwood franklin school**  
**May 27-31 Lunch Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday
 <i>Feature of the Day</i>	<b>Memorial Day – No School</b>	<b>Philly Cheese Steak Pasta:</b> 100% Ground Beef, Italian Seasonings, Onions, Mozzarella, and Melted Provolone Served Over Elbow Pasta  Mixed Vegetables <sup>GF, DF</sup>  GF pasta available	<b>Cheeseburger on a Bun</b>  Seasoned French Fries  Steamed Carrots <sup>GF, DF</sup>  GF bun & potatoes available, DF if no cheese	<b>Mediterranean Greek Rice Bowl:</b> Marinated Chunks of Chicken Breast on Brown Rice, Roasted Vegetables, and Cilantro Yogurt  GF DF if no yogurt	<b>Pepperoni (Pork) or Cheese Pizza</b>  Seasoned Potato Wedges  Broccoli <sup>GF, DF</sup>  GF, DF crust available, GF potatoes available, and DF cheese available
 <i>Meatless Meals</i>		Vegetarian Linguine: Fresh Vegetables, Garlic, Basil and Provolone  GF pasta available, DF if no cheese	Roasted Vegetable Wrap with Pepper Jack Cheese and Zesty Ranch Dressing	Veggie Burger with Sautéed Spinach, Onions, and Mushrooms  DF	<b>Falafel<sup>GF</sup> Wrap:</b> Roasted Chickpea Fritters with Tomato, Onions, Bean Sprouts, and Feta  DF if no cheese
 <i>Fresh Made Soups</i>		Beef Barley Soup  DF	Spinach and Tortellini	Cream of Broccoli  GF	Split Pea and Ham  GF
<b>Mid-Morning Snack</b> Allergen friendly snack alternative is fresh fruit.		Orange Wedges	Carrot Sticks and Ranch Dressing	Mini Wheat Bagels and Cream Cheese	Celery Sticks and Sun Butter

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