








**elmwood franklin school**  
**May 1st-3rd Lunch Menu\***

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><i>Feature of the Day</i></p> 	April 29 <sup>th</sup>	April 30 <sup>th</sup>	<p>Breakfast for Lunch: Buttermilk pancakes served with warm maple syrup, chicken sausage</p> <p>Crispy baked tater tots<sup>GF,DF</sup></p> <p style="text-align: center;"><b>DF</b> GF waffle available</p>	<p>Marinated Roasted Chicken Breast w/ rosemary garlic, &amp; scalloped potatoes</p> <p>Glazed Carrots<sup>GF,DF</sup></p> <p style="text-align: center;"><b>GF</b></p>	<p>Pepperoni (Pork) or Cheese Pizza, seasoned potato wedges</p> <p>Green Beans<sup>GF,DF</sup></p> <p><b>GF, DF</b> crust available, <b>GF</b> potatoes available, and <b>DF</b> cheese available</p>	<p><b>*GF = Gluten Free</b> <b>DF = Dairy Free</b></p> <p style="text-align: center;"><b>Allergen</b> <b>Meal Substitutions Available</b> (Upon Request)</p> <p><b>Daily Deli Options</b></p> <ul style="list-style-type: none"> <li>Turkey</li> <li>Pepperoni (pork)</li> <li>Cheese</li> <li>Sunbutter</li> <li>Sunbutter &amp; Jelly</li> </ul> <p><b>NYS Farm Fresh Daily Salad Bar</b></p> <ul style="list-style-type: none"> <li>Lettuce</li> <li>Carrots</li> <li>Cucumbers</li> <li>Tomatoes</li> <li>Variety of seasonal produce</li> </ul> <p><b>Salad Bar Toppings:</b> Bacon Bits, Croutons, Crumbled Eggs, Olives, Pepperoncini, Shredded Cheddar, &amp; Assorted Dressings</p> <p>(Menu subject to change)</p>
 <p><i>Meatless Meals</i></p>			<p>Egg Salad Sandwich on Costanzo roll with romaine</p> <p style="text-align: center;"><b>DF</b> GF bread available</p>	<p>Portobello Mushroom Pizza: roasted portobello w/bruschetta and mozzarella</p> <p style="text-align: center;"><b>GF</b> crust available</p>	<p>Veggie Burger w/sauteed spinach and onions</p> <p style="text-align: center;"><b>DF</b> GF bread available</p>	
 <p><i>Fresh Made Soups</i></p>			<p>Authentic turkey vegetable soup made from fresh turkey stock and pan drippings</p> <p style="text-align: center;"><b>GF, DF</b></p>	<p>Roasted sweet bell pepper &amp; Jalapeno bisque</p> <p style="text-align: center;"><b>GF</b></p>	<p>French onion soup w/ crispy croutons</p> <p><b>GF, DF</b> if no cheese or croutons</p>	
<p><b>Mid-Morning Snack</b></p> <p>Allergen friendly snack alternative is fresh fruit.</p>			<p>Carrot sticks &amp; 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.

Please contact Chef Todd in your café with questions on this menu.





**elmwood franklin school**  
**May 6-10<sup>th</sup> Lunch Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday
 <i>Feature of the Day</i>	Creamy Chicken Penne Alfredo w/ Hawaiian Roll  Cauliflower & Roasted Red Peppers <sup>GF,DF</sup>  DF if no sauce & roll GF roll available	Jamaican Jerk Chicken: baked chicken thighs seasoned with allspice, ginger cinnamon and brown sugar, served with brown rice, and steamed peas  GF, DF	Grilled Cheese: oven toasted cheddar cheese sandwich  Baked Tater Tots, Green Beans <sup>GF,DF</sup>  GF bread available	Zesty Chicken Riggies and Shells: braised chicken breasts in a creamy red pepper flake tomato sauce, & dinner roll  Broccoli <sup>GF,DF</sup>  GF pasta available	Pepperoni (Pork) or Cheese Pizza, seasoned potato wedges  Corn <sup>GF,DF</sup>  GF, DF crust available, GF potatoes available, and DF cheese available
 <i>Meatless Meals</i>	Veggie Burger w/ sauteed mushrooms and onions  DF	Greek Tofu Pitas <sup>DF</sup> with roasted tofu, lettuce, tomato, onion, and feta  DF if no cheese	Black Bean Burger w/ red onion and tomato slices	Roasted Veggie Pitas w/ baby spinach, pepperjack cheese, & zesty ranch  DF if no cheese, dressing	Mediterranean Flatbread  GF crust available
 <i>Fresh Made Soups</i>	Broccoli  GF	BBQ Pulled Pork  GF, DF	Caribbean Ground Beef Cabbage  GF, DF	Sweet & Sour Corned Beef & Cabbage Soup  GF, DF	Beef Sancocho (Caribbean Beef & Vegetable)  GF, DF
<b>Mid-Morning Snack</b> Allergen friendly snack alternative is fresh fruit.	Celery Sticks & Sun Butter	Ritz Crackers & String Cheese	Benefit Bar	Banana	Yogurt Cup

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**elmwood franklin school**  
**May 13-17 Lunch Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday
 <i>Feature of the Day</i>	100% Beef Soft Shell Tacos Braised Carrots, & Fan Favorite Toppings Bar  DF, GF available	Grilled Chicken & Vegetable Stir Fry: tossed in sweet & savory orange glaze w/ basmati rice and broccoli florets  DF, GF	100% Beef Hamburgers served on a Brioche Bun  Sweet Corn <sup>GF, DF</sup>  GF roll available DF if no cheese	Sweet Chili Roasted Chicken Legs & Thighs: tossed w/ sweet chili glaze, served over cilantro lime rice and stir fry vegetables  DF, GF	Pepperoni (Pork) or Cheese Pizza, seasoned potato wedges  Green Beans <sup>GF, DF</sup>  GF, DF crust available, GF potatoes available, and DF cheese available
 <i>Meatless Meals</i>	<i>Int'l Hummus Day</i> Sliced Tomato, Garlic Hummus & Avocado Open-Faced Pita  DF GF bread available	Roasted Veggie Tofu Brown Rice Bowl (roasted butternut squash, broccoli- Tahini sauce)  DF, GF	Marinated Portobello Sandwich w/ Basil nut-free Pesto  GF bread available	Falafel <sup>GF</sup> Wrap roasted chickpea fritters w/tomato, onions, bean sprouts and feta  DF if no cheese	Vegetable Stir Fry w/ red pepper flakes and teriyaki soy glaze  DF, GF
 <i>Fresh Made Soups</i>	Creamy Potato Ham  GF	White Bean & Cabbage Stew  GF, DF	Pepper Jack cheese bisque  GF	Spicy Thai Vegetable & Chicken Meatballs w/ Lemon Grass  DF	Wild Mushroom  GF
<b>Mid-Morning Snack</b> Allergen friendly snack alternative is fresh fruit.	Applesauce cups	Whole Grain Cheez-its	Orange wedges	Carrot Sticks & Ranch Dressing	Whole Grain Blueberry Muffin




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# elmwood franklin school

## May 20-24 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	<p>Pasta Shells: filled w/ ricotta cheese, topped w/ fresh marinara, &amp; served with breadstick</p> <p>Seasoned Broccoli<sup>GF, DF</sup></p> <p><sup>GF, DF</sup> pasta available</p>	<p>Chicken Finger Sub: baked chicken fingers &amp; cheese on warm Constanzo rolls w/ 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>Greek Chicken<sup>GF</sup> Gyro Pita<sup>DF</sup> w/ succulent tzatziki sauce, sliced tomatoes, red onion, cucumbers, parsley, and feta</p> <p>Sauteed Squash<sup>GF, DF</sup></p> <p><sup>DF</sup> if no sauce, cheese</p>	<p>Seasoned, Baked Chicken Breast in a delicate mustard cream sauce, creamy mashed potatoes</p> <p>Sweet Peas<sup>GF, DF</sup></p> <p><sup>GF</sup></p>	<p>Pepperoni (Pork) or Cheese Pizza, 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 w/ oregano, and Parmesan</p> <p><sup>GF</sup> pasta available, <sup>DF</sup> if no cheese</p>	<p>Egg &amp; Cheese Bagel Sandwich</p> <p><sup>DF</sup> if no cheese</p>	<p>Pesto Penne Pasta w/ roasted tomatoes</p> <p><sup>GF</sup> pasta available</p>	<p>Grilled Eggplant Panini w/ Basil Aioli</p> <p><sup>DF</sup></p>	<p>Italian Herb-Lentil Patties w/ mozzarella &amp; marinara</p>
 <p><i>Fresh Made Soups</i></p>	<p>Collard Greens &amp; Turkey</p> <p><sup>GF, DF</sup></p>	<p>Spinach &amp; Pork Sausage Lentil</p> <p><sup>GF, DF</sup></p>	<p>Turkey &amp; Bacon Corn Chowder</p> <p><sup>GF</sup></p>	<p>French Onion Soup w/ 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 &amp; Sun butter</p>	<p>Orange Wedges</p>	<p>Benefit Bar</p>	<p>Unsweetened Applesauce Cups</p>




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# elmwood franklin school

## May 27<sup>th</sup>-31<sup>st</sup> Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Feature of the Day</i></p>	<p><b>Memorial Day – No School</b></p>	<p>Philly Cheese Steak Pasta: 100% ground beef, Italian seasonings, onions, mozzarella, and melted provolone cheeses over elbow pasta Mixed Vegetables<sup>GF, DF</sup></p> <p><sup>GF</sup> pasta available</p>	<p>Cheeseburger on Bun with seasoned French fries</p> <p>Steamed Carrots<sup>GF, DF</sup></p> <p><sup>GF</sup> bun &amp; potatoes available, <sup>DF</sup> if no cheese</p>	<p>Mediterranean Greek Rice Bowl: marinated chunks of chicken breast on brown rice, roasted vegetables, and cilantro yogurt</p> <p><sup>GF</sup> <sup>DF</sup> if no yogurt</p>	<p>Pepperoni (Pork) or Cheese Pizza, seasoned potato wedges</p> <p>Broccoli<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>Vegetarian Linguine: fresh vegetables, garlic, basil and provolone</p> <p><sup>GF</sup> pasta available, <sup>DF</sup> if no cheese</p>	<p>Roasted Vegetable Wrap with pepper jack cheese and zesty ranch dressing</p>	<p>Veggie Burger w/ sauteed spinach, onions and mushrooms</p> <p><sup>DF</sup></p>	<p>Falafel<sup>GF</sup> Wrap roasted chickpea fritters w/tomato, onions, bean sprouts and feta</p> <p><sup>DF</sup> if no cheese</p>
 <p><i>Fresh Made Soups</i></p>		<p>Beef Barley Soup</p> <p><sup>DF</sup></p>	<p>Spinach and Tortellini</p>	<p>Cream of Broccoli</p> <p><sup>GF</sup></p>	<p>Split Pea &amp; Ham</p> <p><sup>GF</sup></p>
<p><b>Mid-Morning Snack</b> Allergen friendly snack alternative is fresh fruit.</p>		<p>Orange Wedges</p>	<p>Carrot Sticks &amp; Ranch Dressing</p>	<p>Mini Wheat Bagels &amp; Cream Cheese</p>	<p>Celery Sticks &amp; Sun Butter</p>

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