

# New York Knightly News

September 2019



## Calendar

Sept. 2  
Labor Day-No School  
Sept. 5  
Student Leaders Club  
Sept 9  
Garden Club Begins  
Sept. 18  
Vision & Hearing Screening  
Sept. 19  
Student Leaders 3:15  
PTA 6:00-7:00pm  
Site Council 7:00-8:00pm  
Sept. 24  
Staff Flu Shot Clinic 7:00-7:45  
Sept. 26  
Picture Day  
Sept 28  
NY 150 Celebration  
Oct 2  
Walk to School Day

## Lunch Schedule

K	11:25-11:50
3rd	11:30-11:55
4th	11:45-12:10
1st	11:50-12:15
2nd	12:05-12:30
5th	12:10-12:35

NEW YORK ELEMENTARY  
936 NEW YORK ST.  
LAWRENCE, KS 66044



### **WE DID IT!**

**New York Elementary has been awarded National PTA School of Excellence.**

This award is a recognition program that supports and celebrates partnerships between PTAs and schools to enrich the educational experience and overall well-being for all students.

We hope our School of Excellence designation will help attract new, action-oriented PTA members who want to focus on the issues that affect our children the most. Plus there are other opportunities opened up to us with this designation, such as grants.

Please support New York Elementary by joining our PTA. Our next meeting is September 19 from 6-7pm in the Library of the school. Most other PTA meetings will be held the second Thursday each month. Free childcare provided.



Look for more info about the start of Garden Club coming soon!

### **Boys & Girls Club**

Please call or email Anthony Foster with questions or change of plans.

Anthony Foster  
BGC phone: 785-865-6177  
Cell phone: 785-813-6867  
Email: [afoster@bgclk.org](mailto:afoster@bgclk.org)  
Please make sure to call the BGC phone number (not the school) if you are needing them after normal school hours.

**School absences need to be called in before school starts.**

**No messages for students will be taken after 1:00pm on Wednesdays and 2:30pm M, T, TH and F**





## Where can I find info about the school?

Follow us on Facebook! It's a great way to stay informed about events going on at the school and an easy way to get involved in all the amazing things happening at our school! Search for following groups on Facebook!



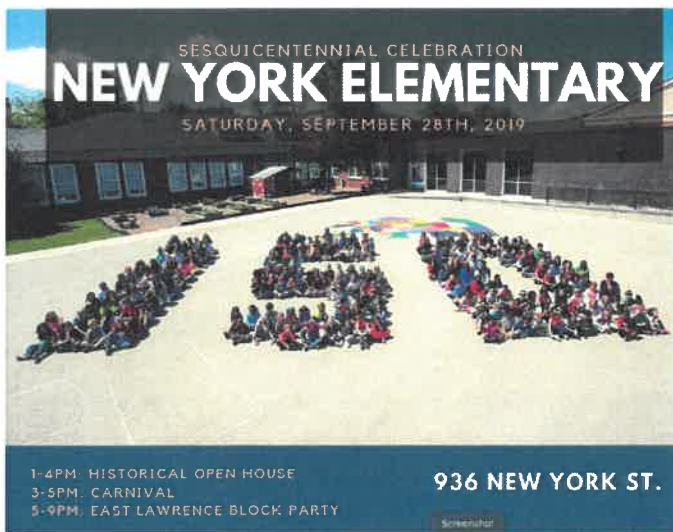
**"New York Elementary"**



**"New York PTA"**

## Future Newsletters

In order to save money and trees we will be sending out the monthly newsletter electronically from now on. Please make sure you have an updated email address on file with the school. If you are unable to access email or the internet, please contact the school and we will make sure you get a paper copy.



Celebrate New York Elementary's  
150th Birthday

1-4pm: Historic Tours

3-5pm: Carnival

5-9pm: Joint ELNA Block Party

## Site Council Meeting

Site Council will be meeting Thursday Sept. 19th at 7:00pm

## More Exciting news...

### New York Food Pantry



We have a new Food Pantry just inside the main entrance to the school! This is a “Take what you need, Give what you can” style of food pantry. Feel free to take any items off the shelves that you may need! If you’re at the grocery store and feel like picking up an extra box of pasta to leave on the shelf, go for it!

We are still finding our footing with this so please be a little patient as we try to establish a steady flow of food!



We will meet at Hobb’s Park at 7:15am for some light breakfast refreshments then start our walk to school at 7:30am. This is a fun family event so feel free to bring younger siblings and kid friendly family pets!

### Enganging Conversations

Engaging Questions to Ask Your Student - Kids spell love **T-I-M-E!** Take a couple minutes this week and ask your student the following questions! These open ended questions can start a world of engagement with your child! Enjoy!

- 1.) What do you like daydreaming about?
- 2.) If your stuffed animals could talk, what would they say?
- 3.) How do you show people you care?

THERE ARE 9 MINUTES DURING THE DAY THAT  
HAVE THE GREATEST IMPACT ON A CHILD

The first 3 minutes right after they wake up  
the 3 minutes after they come home from school

The last 3 minutes of the day  
before they go to bed

WE NEED TO MAKE THOSE MOMENTS SPECIAL  
AND HELP OUR CHILDREN FEEL LOVED.



# September 2019

Breakfast Prices Paid: \$1.75 Reduced: \$0.30 Adult: \$2.40

# New York Elementary Breakfast

## MONDAY

2



No School

## TUESDAY

3

- Sausage Biscuit Sandwich
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter
- Cereal**
- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex
- Fruit option-rotated daily:**
- Sliced peaches - Sliced pears - Fruit
- Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -
- 100% Juice- 4 oz**
- Apple Juice
- Grape Juice
- Orange Juice
- Milk offered:**
- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

## WEDNESDAY

4

- Whole Grain Bagel w/ Scrambled Eggs
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter
- Cereal**
- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex
- Fruit option-rotated daily:**
- Sliced peaches - Sliced pears - Fruit
- Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -
- 100% Juice- 4 oz**
- Apple Juice
- Grape Juice
- Orange Juice
- Milk offered:**
- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

## THURSDAY

5

- French Toast Sticks w/ Strawberry Yogurt or Strawberry & Banana Yogurt
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter
- Cereal**
- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex
- Fruit option-rotated daily:**
- Sliced peaches - Sliced pears - Fruit
- Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -
- 100% Juice- 4 oz**
- Apple Juice
- Grape Juice
- Orange Juice
- Milk offered:**
- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

## FRIDAY

6

- Breakfast Pizza
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter
- Cereal**
- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex
- Fruit option-rotated daily:**
- Sliced peaches - Sliced pears - Fruit
- Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -
- 100% Juice- 4 oz**
- Apple Juice
- Grape Juice
- Orange Juice
- Milk offered:**
- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

9

- Pancake & Sausage Rollup
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter
- Cereal**
- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex
- Fruit option-rotated daily:**
- Sliced peaches - Sliced pears - Fruit
- Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -
- 100% Juice- 4 oz**
- Apple Juice
- Grape Juice
- Orange Juice
- Milk offered:**
- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

10

- Egg & Cheese Biscuit
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter
- Cereal**
- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex
- Fruit option-rotated daily:**
- Sliced peaches - Sliced pears - Fruit
- Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -
- 100% Juice- 4 oz**
- Apple Juice
- Grape Juice
- Orange Juice
- Milk offered:**
- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

11

- Biscuits & Gravy w/ Pork Sausage Patty
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter
- Cereal**
- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex
- Fruit option-rotated daily:**
- Sliced peaches - Sliced pears - Fruit
- Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -
- 100% Juice- 4 oz**
- Apple Juice
- Grape Juice
- Orange Juice
- Milk offered:**
- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

12

- Breakfast chicken & biscuit sandwich
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter
- Cereal**
- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex
- Fruit option-rotated daily:**
- Sliced peaches - Sliced pears - Fruit
- Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -
- 100% Juice- 4 oz**
- Apple Juice
- Grape Juice
- Orange Juice
- Milk offered:**
- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

13

- Breakfast Egg & Cheese Quesadilla
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter
- Cereal**
- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex
- Fruit option-rotated daily:**
- Sliced peaches - Sliced pears - Fruit
- Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -
- 100% Juice- 4 oz**
- Apple Juice
- Grape Juice
- Orange Juice
- Milk offered:**
- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

- Sausage Biscuit Sandwich
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter

**Cereal**

- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex

**Fruit option-rotated daily:**

- Sliced peaches - Sliced pears - Fruit Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -

**100% Juice- 4 oz**

- Apple Juice
- Grape Juice
- Orange Juice

**Milk offered:**

- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

- Breakfast Taco
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter

**Cereal**

- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex

**Fruit option-rotated daily:**

- Sliced peaches - Sliced pears - Fruit Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -

**100% Juice- 4 oz**

- Apple Juice
- Grape Juice
- Orange Juice

**Milk offered:**

- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

- Whole Grain Bagel w/ Scrambled Eggs
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter

**Cereal**

- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex

**Fruit option-rotated daily:**

- Sliced peaches - Sliced pears - Fruit Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -

**100% Juice- 4 oz**

- Apple Juice
- Grape Juice
- Orange Juice

**Milk offered:**

- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

- French Toast Sticks w/ Strawberry Yogurt or Strawberry & Banana Yogurt
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter

**Cereal**

- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex

**Fruit option-rotated daily:**

- Sliced peaches - Sliced pears - Fruit Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -

**100% Juice- 4 oz**

- Apple Juice
- Grape Juice
- Orange Juice

**Milk offered:**

- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

- Breakfast Pizza
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter

**Cereal**

- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex

**Fruit option-rotated daily:**

- Sliced peaches - Sliced pears - Fruit Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -

**100% Juice- 4 oz**

- Apple Juice
- Grape Juice
- Orange Juice

**Milk offered:**

- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

- Pancake & Sausage Rollup
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter

**Cereal**

- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex

**Fruit option-rotated daily:**

- Sliced peaches - Sliced pears - Fruit Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -

**100% Juice- 4 oz**

- Apple Juice
- Grape Juice
- Orange Juice

**Milk offered:**

- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

- Egg & Cheese Biscuit
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter

**Cereal**

- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex

**Fruit option-rotated daily:**

- Sliced peaches - Sliced pears - Fruit Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -

**100% Juice- 4 oz**

- Apple Juice
- Grape Juice
- Orange Juice

**Milk offered:**

- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

- Biscuits & Gravy w/ Pork Sausage Patty
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter

**Cereal**

- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex

**Fruit option-rotated daily:**

- Sliced peaches - Sliced pears - Fruit Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -

**100% Juice- 4 oz**

- Apple Juice
- Grape Juice
- Orange Juice

**Milk offered:**

- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

- Breakfast chicken & biscuit sandwich
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter

**Cereal**

- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex

**Fruit option-rotated daily:**

- Sliced peaches - Sliced pears - Fruit Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -

**100% Juice- 4 oz**

- Apple Juice
- Grape Juice
- Orange Juice

**Milk offered:**

- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

- Breakfast Egg & Cheese Quesadilla
- Maple & Brown Sugar Oatmeal w/ Whole Grain Biscuit or Peanut Butter

**Cereal**

- Served w/ Whole Grain Biscuit
- Frosted Mini Wheats
- Cheerios
- Cinnamon Toast Crunch-reduced sugar
- Honey Nut Chex

**Fruit option-rotated daily:**

- Sliced peaches - Sliced pears - Fruit Cocktail - Mandarin Oranges - Applesauce - Grapefruit - Strawberries - Mango - Pineapple -

**100% Juice- 4 oz**

- Apple Juice
- Grape Juice
- Orange Juice

**Milk offered:**

- Milk- 1%
- Milk- 1% Chocolate
- Milk- Skim White

- Sausage Biscuit Sandwich
  - Maple & Brown Sugar Oatmeal w/  
Whole Grain Biscuit or Peanut Butter
- Cereal**
- Served w/ Whole Grain Biscuit
  - Frosted Mini Wheats
  - Cheerios
  - Cinnamon Toast Crunch-reduced sugar
  - Honey Nut Chex
- Fruit option- rotated daily:**
- Sliced peaches - Sliced pears - Fruit  
Cocktail - Mandarin Oranges -  
Applesauce - Grapefruit - Strawberries -  
Mango - Pineapple -
- 100% Juice- 4 oz**
- Apple Juice
  - Grape Juice
  - Orange Juice
- Milk offered:**
- Milk- 1%
  - Milk- 1% Chocolate
  - Milk- Skim White

**Menus are Subject to Change:** We do our best to serve the menus that are posted, but sometimes things happen and adjustments have to be made.

**More Details:** [usd497.nutrislice.com/menu/new-york-elementary/breakfast/](https://usd497.nutrislice.com/menu/new-york-elementary/breakfast/)  
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# September 2019

Lunch Prices Paid: \$2.75 Reduced: \$0.40 Adult: \$3.70

# New York Elementary Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <ul style="list-style-type: none"> <li>No School</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>PB&amp;J Sandwich w/ Mozzarella string cheese</li> <li>Yogurt Parfait w/ Granola</li> <li>Chef Salad w/ Breadstick</li> <li>Parmesan roasted broccoli</li> <li>Fresh Sliced Pears</li> </ul> <p><b>Salad Bar:</b></p> <ul style="list-style-type: none"> <li>Romaine Lettuce - Baby Carrots - Sliced Tomatoes - Cucumber</li> </ul> <p><b>Milk offered:</b></p> <ul style="list-style-type: none"> <li>Milk- Skim White</li> <li>Milk- 1%</li> <li>Milk- 1% Chocolate</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> <li>Sabra Hummus Cup w/ Colby Cheese Stick &amp; Flatbread</li> <li>PB&amp;J Sandwich w/ Mozzarella string cheese</li> <li>Chef Salad w/ Breadstick</li> <li>Green Beans</li> <li>Applesauce</li> </ul> <p><b>Salad Bar:</b></p> <ul style="list-style-type: none"> <li>Romaine Lettuce - Baby Carrots - Radish - Cucumber</li> </ul> <p><b>Milk offered:</b></p> <ul style="list-style-type: none"> <li>Milk- Skim White</li> <li>Milk- 1%</li> <li>Milk- 1% Chocolate</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>Chickenwich or Spicy Chicken Sandwich</li> <li>Yogurt Parfait w/ Granola</li> <li>PB&amp;J Sandwich w/ Mozzarella string cheese</li> <li>Chef Salad w/ Breadstick</li> <li>Crinkle Cut Fry</li> <li>Sliced peaches</li> </ul> <p><b>Salad Bar:</b></p> <ul style="list-style-type: none"> <li>Romaine Lettuce - Baby Carrots - Pepper Sticks, Bell - Sliced Tomatoes</li> </ul> <p><b>Milk offered:</b></p> <ul style="list-style-type: none"> <li>Milk- Skim White</li> <li>Milk- 1%</li> <li>Milk- 1% Chocolate</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>Super Nachos</li> <li>Bean &amp; Cheese Nachos</li> <li>PB&amp;J Sandwich w/ Mozzarella string cheese</li> <li>Chef Salad w/ Breadstick</li> <li>Chill Lime Corn</li> <li>Grapes</li> </ul> <p><b>Salad Bar:</b></p> <ul style="list-style-type: none"> <li>Romaine Lettuce - Baby Carrots - Green Peas - Radish</li> </ul> <p><b>Milk offered:</b></p> <ul style="list-style-type: none"> <li>Milk- Skim White</li> <li>Milk- 1%</li> <li>Milk- 1% Chocolate</li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Yogurt Parfait w/ Granola</li> <li>PB&amp;J Sandwich w/ Mozzarella string cheese</li> <li>Chef Salad w/ Breadstick</li> <li>Green Beans</li> <li>Orange</li> </ul> <p><b>Salad Bar:</b></p> <ul style="list-style-type: none"> <li>Romaine Lettuce - Baby Carrots - Celery Sticks - Cauliflower</li> </ul> <p><b>Milk offered:</b></p> <ul style="list-style-type: none"> <li>Milk- Skim White</li> <li>Milk- 1%</li> <li>Milk- 1% Chocolate</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Chicken Nuggets w/ Roll</li> <li>Sabra Hummus Cup w/ Colby Cheese Stick &amp; Flatbread</li> <li>PB&amp;J Sandwich w/ Mozzarella string cheese</li> <li>Chef Salad w/ Breadstick</li> <li>Mashed Potatoes with Chicken Gravy</li> <li>Pineapple</li> </ul> <p><b>Salad Bar:</b></p> <ul style="list-style-type: none"> <li>Romaine Lettuce - Baby Carrots - Broccoli Florets - Cucumber</li> </ul> <p><b>Milk offered:</b></p> <ul style="list-style-type: none"> <li>Milk- Skim White</li> <li>Milk- 1%</li> <li>Milk- 1% Chocolate</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>French Toast Sticks w/ Pork Sausage Patty</li> <li>Yogurt Parfait w/ Granola</li> <li>PB&amp;J Sandwich w/ Mozzarella string cheese</li> <li>Chef Salad w/ Breadstick</li> <li>Oven Potatoes</li> <li>Cantaloupe</li> </ul> <p><b>Salad Bar:</b></p> <ul style="list-style-type: none"> <li>Romaine Lettuce - Baby Carrots - Celery Sticks - Sliced Tomatoes</li> </ul> <p><b>Milk offered:</b></p> <ul style="list-style-type: none"> <li>Milk- Skim White</li> <li>Milk- 1%</li> <li>Milk- 1% Chocolate</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>Meat Lasagna w/ Garlic Toast</li> <li>Cheese Lasagna w/ Garlic Toast</li> <li>PB&amp;J Sandwich w/ Mozzarella string cheese</li> <li>Chef Salad w/ Breadstick</li> <li>Roasted Carrots</li> <li>Blueberries</li> </ul> <p><b>Salad Bar:</b></p> <ul style="list-style-type: none"> <li>Romaine Lettuce - Baby Carrots - Broccoli Florets - Cauliflower</li> </ul> <p><b>Milk offered:</b></p> <ul style="list-style-type: none"> <li>Milk- Skim White</li> <li>Milk- 1%</li> <li>Milk- 1% Chocolate</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>Crispito w/ Cheese Sauce</li> <li>Sabra Hummus Cup w/ Colby Cheese Stick &amp; Flatbread</li> <li>PB&amp;J Sandwich w/ Mozzarella string cheese</li> <li>Chef Salad w/ Breadstick</li> <li>Seasoned Black Beans</li> <li>Watermelon</li> </ul> <p><b>Salad Bar:</b></p> <ul style="list-style-type: none"> <li>Romaine Lettuce - Baby Carrots - Cucumber - Sliced Tomatoes</li> </ul> <p><b>Milk offered:</b></p> <ul style="list-style-type: none"> <li>Milk- Skim White</li> <li>Milk- 1%</li> <li>Milk- 1% Chocolate</li> </ul>

## 16

- Pepperoni Pizza
- Sabra Hummus Cup w/ Colby Cheese Stick & Flatbread
- PB&J Sandwich w/ Mozzarella string cheese
- Chef Salad w/ Breadstick
- Corn
- Apples
- Salad Bar:**
  - Romaine Lettuce - Baby Carrots - Sliced Tomatoes - Cucumber
- Milk offered:**
  - Milk- Skim White
  - Milk- 1%
  - Milk- 1% Chocolate

## 17

- Macaroni & Cheese
- Yogurt Parfait w/ Granola
- PB&J Sandwich w/ Mozzarella string cheese
- Chef Salad w/ Breadstick
- Parmesan roasted broccoli
- Raspberries
- Salad Bar:**
  - Romaine Lettuce - Baby Carrots - Pepper Sticks, Bell - Green Peas
- Milk offered:**
  - Milk- Skim White
  - Milk- 1%
  - Milk- 1% Chocolate

## 18

- Corn dog
- Sabra Hummus Cup w/ Colby Cheese Stick & Flatbread
- PB&J Sandwich w/ Mozzarella string cheese
- Chef Salad w/ Breadstick
- Roasted Cauliflower
- Watermelon
- Salad Bar:**
  - Romaine Lettuce - Baby Carrots - Radish - Cucumber
- Milk offered:**
  - Milk- Skim White
  - Milk- 1%
  - Milk- 1% Chocolate

## 19

- Chicken Strips w/ Roll
- Yogurt Parfait w/ Granola
- PB&J Sandwich w/ Mozzarella string cheese
- Chef Salad w/ Breadstick
- Mashed Potatoes with Pepper Gravy
- Sliced pears
- Salad Bar:**
  - Romaine Lettuce - Baby Carrots - Pepper Sticks, Bell - Sliced Tomatoes
- Milk offered:**
  - Milk- Skim White
  - Milk- 1%
  - Milk- 1% Chocolate

## 20

- Chicken Quesadilla
- Cheese Quesadilla
- PB&J Sandwich w/ Mozzarella string cheese
- Chef Salad w/ Breadstick
- Seasoned Pinto Beans
- Cantaloupe
- House Salsa
- Salad Bar:**
  - Romaine Lettuce - Baby Carrots - Green Peas - Radish
- Milk offered:**
  - Milk- Skim White
  - Milk- 1%
  - Milk- 1% Chocolate

## 23

- Cheese Pizza
- PB&J Sandwich w/ Mozzarella string cheese
- Yogurt Parfait w/ Granola
- Chef Salad w/ Breadstick
- Parmesan roasted broccoli
- Fresh Sliced Pears
- Salad Bar:**
  - Romaine Lettuce - Baby Carrots - Sliced Tomatoes - Cucumber
- Milk offered:**
  - Milk- Skim White
  - Milk- 1%
  - Milk- 1% Chocolate

## 24

- Chicken Lo Mein
- Sabra Hummus Cup w/ Colby Cheese Stick & Flatbread
- PB&J Sandwich w/ Mozzarella string cheese
- Chef Salad w/ Breadstick
- Roasted Cauliflower
- Frozen 100% Fruit Juice
- Salad Bar:**
  - Romaine Lettuce - Baby Carrots - Pepper Sticks, Bell - Green Peas
- Milk offered:**
  - Milk- Skim White
  - Milk- 1%
  - Milk- 1% Chocolate

## 25

- Grilled Cheese Sandwich
- Sabra Hummus Cup w/ Colby Cheese Stick & Flatbread
- PB&J Sandwich w/ Mozzarella string cheese
- Chef Salad w/ Breadstick
- Green Beans
- Applesauce
- Salad Bar:**
  - Romaine Lettuce - Baby Carrots - Radish - Cucumber
- Milk offered:**
  - Milk- Skim White
  - Milk- 1%
  - Milk- 1% Chocolate

## 26

- Chickenwich or Spicy Chicken Sandwich
- Yogurt Parfait w/ Granola
- PB&J Sandwich w/ Mozzarella string cheese
- Chef Salad w/ Breadstick
- Crinkle Cut Fry
- Sliced peaches
- Salad Bar:**
  - Romaine Lettuce - Baby Carrots - Pepper Sticks, Bell - Sliced Tomatoes
- Milk offered:**
  - Milk- Skim White
  - Milk- 1%
  - Milk- 1% Chocolate

## 27

- Super Nachos
- Bean & Cheese Nachos
- PB&J Sandwich w/ Mozzarella string cheese
- Chef Salad w/ Breadstick
- Chili Lime Corn
- Grapes
- Salad Bar:**
  - Romaine Lettuce - Baby Carrots - Green Peas - Radish
- Milk offered:**
  - Milk- Skim White
  - Milk- 1%
  - Milk- 1% Chocolate

## 30

- Cheeseburger
- Yogurt Parfait w/ Granola
- PB&J Sandwich w/ Mozzarella string cheese
- Chef Salad w/ Breadstick
- Green Beans
- Orange
- Salad Bar:**
  - Romaine Lettuce - Baby Carrots - Celery Sticks - Cauliflower
- Milk offered:**
  - Milk- Skim White
  - Milk- 1%
  - Milk- 1% Chocolate



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**Menus are Subject to Change:** We do our best to serve the menus that are posted, but sometimes things happen and adjustments have to be made.

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**More Details:** [usc497.nutrislice.com/menu/new-york-elementary/lunch/](https://usc497.nutrislice.com/menu/new-york-elementary/lunch/)  
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