

Manlius Pebble Hill School

1/16/2017 Thru 1/22/2017

Lower School Lunch 11:00 - 11:30am Middle School Lunch 11:45am - 12:15pm Staff Lunch 12:30 -1:00 pm Upper School Lunch 1:00 - 1:30pm Manlius Pebble Hill School

Upper School Lunch 1:00 - 1:30pm					
Green O	Yellow 🔲 Red 🔲 Hi	gh Fiber Dow Cholest	terol Low Sodium	Low Carbohydrates	Low Calorie
Daily Features Menu					
the Savory Spoon	Monday SCHOOL CLOSED HAVE A GOOD DAY!	Tuesday Brazilian Black Bean Soup, (cup) PACKED WITH PROTEIN	Wednesday Chicken Noodle Soup Just like your mother used to make	Thursday Italian Wedding Soup Classic Italian soup with small meatballs, pearl pasta, and spinach in a savory chicken broth. Topped with grated parmesan cheese.	Friday New England Clam Chowder North-East Favorite
homestyle classics	SCHOOL CLOSED HAVE A GOOD DAY!	Chicken Fajitas MUSHROOM FAJITAS, BEANS AND RICE, PEPPERS AND ONIONS	Garden Burger MEATBALL SUBS, FRIES, VEGGIES	Chicken Riggies VEGGIE RIGGIES, VEGGIES, WARM BREADSTICKS	Fish with Herbs and Lime BATTERED FISH FILET, SWEET POTATO FRIES, VEGGIES
8 BYTE DELI	SCHOOL CLOSED HAVE A GOOD DAY!	DELI BAR BUILD YOUR OWN SANDWICH FROM A SELECTION OF DELI MEATS, CHEESES, AND BREADS	DELI BAR BUILD YOUR OWN SANDWICH FROM A SELECTION OF DELI MEATS, CHEESES, AND BREADS	DELI BAR BUILD YOUR OWN SANDWICH FROM A SELECTION OF DELI MEATS, CHEESES, AND BREADS	DELI BAR BUILD YOUR OWN SANDWICH FROM A SELECTION OF DELI MEATS, CHEESES, AND BREADS
GREENS GRAINS	SCHOOL CLOSED HAVE A GOOD DAY!	SOUP AND SALAD BAR MUSHROOM FAJITAS WITH BEANS AND RICE	SOUP AND SALAD BAR VEGGIE BURGERS WITH FRIES, AND SALAD	SOUP AND SALAD BAR VEGGIE RIGGIES, WITH VEGGIES,AND WARM BREADSTICKS	SOUP AND SALAD BAR FISH WITH SIDE SALAD
Tossery 7		SUPER SALAD BAR CREATE YOUR OWN HEALTHY SALAD	SUPER SALAD BAR CREATE YOUR OWN HEALTHY SALAD	SUPER SALAD BAR CREATE YOUR OWN HEALTHY SALAD	SUPER SALAD BAR CREATE YOUR OWN HEALTHY SALAD

* The Department of Public Health advises that eating raw or undercooked meat, poultry, eggs, or seafood poses a health risk to everyone, but especially to the elderly, young children under the age of 4, pregnant women, and other highly susceptable individuals with compromised immune systems. Items may contain or have been exposed to common allergins such as tree nuts, peanuts, wheat, shellfish, and eggs.

Food Service Director MARY JUDD 315- 446-2452 ext. 130 mjudd@afvusa.com

Menu Ideas or Suggestions? Your comments and feedback are always welcome.