

DeRuyter 9-12 Lunch Menu

June 2019

Menu Subject to Change

DeRuyter Central School District Is An Equal Opportunity Provider and Employer

MONDAY

3 Chicken Patty on a WG Bun
Seasoned Green Beans
Sweet Potato Fries

10 Ham & Cheese Melt

Seasoned Carrots
Sweet Potato Fries

17 Last Day for 6-12
Rocket Chicken Bowl w/ Dinner Roll
Mashed Potato
Corn

24 Hot Dog on a Roll

Seasoned Carrots
Sweet Potato Fries
Regents Exam Day

TUESDAY

4 Mini Pancakes w/ Sausage

Tater Tots
100% Fruit-Vegetable Juice

11 Pulled Pork on a WG Roll
Peas
Carrots w/ Dip
Fresh Fruit

18 Meatball Sub

Tater Tots
100% Fruit-Vegetable Juice
Fresh Fruit
Regents Exam Day

25 Assorted Pizza

Seasoned Green Beans
Fresh Fruit
Regents Exam Day

WEDNESDAY

7 Meatball Sub On a Whole Grain Roll

Carrots
Garden Salad w/ Dressing

12 Pasta & Meatballs w/ Texas Toast

Seasoned Green Beans
Garden Salad w/ Dressing

19 Ham & Cheese Sub on a WG Roll
Carrots
Garden Salad w/ Dressing
Regents Exam Day

26

THURSDAY

6 Walking Beef Taco

Corn
Refried Beans
Fresh Fruit

13 Chicken Taco w/ Chips
Cheesy Bean Dip
Corn
Fresh Fruit

20 Oven Baked Chicken w/ Texas Toast

Sweet Potato Fries
Baked Beans
Fresh Fruit

27

Happy Summer

FRIDAY

7 Homemade Pizza

Garden Salad w/ Dressing
Seasoned Broccoli
Fresh Fruit

14 Homemade Pizza

Garden Salad w/ Dressing
Seasoned Broccoli
Fresh Fruit

21 Assorted Pizzas

Garden Salad w/ Dressing
Seasoned Broccoli
Fresh Fruit
Regents Exam Day

Available with All Lunches

Assorted Fruit Cups
Milk Choice

Available Daily

A variety of ...
Pizzas,
Fresh Chef salads
Assorted sandwiches and wraps.
Burgers and Chicken

PB & J and Yogurt Meal also available

Breakfast And Lunch are FREE for all Students
Milk \$0.50

Visit our website to print an application and to view menus.
www.deruytercentrall.org

What vitamin is known as the sunshine vitamin?

Vitamin D

Area Free Summer Feeding Locations

Call 1-866-348-6479

Visit: www.fns.usda.gov/summerfoodrocks

Text: "Summer Meals" to 9779

Breakfast & Lunch Available