

**EAT
WELL**



**FEEL
GREAT**



#OBENSTRONG

Oyster Bay High School

Lunch Menu



APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	Cheeseburger or Hamburger with WW Bun Fresh Fruit 100% Fruit Juice Assorted Milk Fries Grape Tomatoes 6	Turkey Nachos with Cheddar Cheese and Salsa Fresh Fruit 100% Fruit Juice Assorted Milk Kidney Beans Corn 7	Meatball Parmesan Sandwich Fresh Fruit 100% Fruit Juice Assorted Milk Green Beans Baby Carrots 8	Mozzarella Sticks with Marinara Sauce Fresh Fruit 100% Fruit Juice Assorted Milk Fresh Broccoli Cucumber Slices 9
Cheese Pizza Pepperoni Pizza (P) Fresh Fruit 100% Fruit Juice Assorted Milk Baby Carrots Celery Sticks 12	Cheese or Chicken & Cheese Quesadillas Fresh Fruit 100% Fruit Juice Assorted Milk French Fries Cucumber Slices 13	BBQ Roasted Chicken with Brown Rice Fresh Fruit 100% Fruit Juice Assorted Milk Sliced Carrots Kidney Beans 14	Pasta with Meat Sauce or Plain Pasta with Mozzarella Cheese and Dinner Rolls Fresh Fruit 100% Fruit Juice Assorted Milk Green Beans Grape Tomatoes 15	Cheesy Pizza Sticks with Marinara Sauce Fresh Fruit 100% Fruit Juice Assorted Milk Fresh Broccoli Romaine Salad 16
Cheese Pizza Pepperoni Pizza (P) Fresh Fruit 100% Fruit Juice Assorted Milk Baby Carrots Celery Sticks 19	All-Natural Chicken Patty on WW Bun Fresh Fruit 100% Fruit Juice Assorted Milk Fresh Broccoli Grape Tomatoes 20	Turkey Soft Tacos with Cheddar Cheese and Salsa Fresh Fruit 100% Fruit Juice Assorted Milk Kidney Beans Corn 21	All-Natural Chicken Nuggets with Dinner Rolls Fresh Fruit 100% Fruit Juice Assorted Milk Mashed Potatoes Green Peppers 22	Mini Pancakes Individual Bags Turkey Sausage Patty Fresh Fruit 100% Fruit Juice Assorted Milk Hash Browns Cucumber Slices 23
Cheese Pizza Pepperoni Pizza (P) Fresh Fruit 100% Fruit Juice Assorted Milk Baby Carrots Celery Sticks 26	Cheeseburger or Hamburger on WW Bun Fresh Fruit 100% Fruit Juice Assorted Milk Corn Grape Tomatoes 27	Beef & Corn Bowl with rice and cheese Fresh Fruit 100% Fruit Juice Assorted Milk Celery Sticks Black Beans 28	Maple Chicken Ham Melt Fresh Fruit 100% Fruit Juice Assorted Milk Fresh Broccoli Fries 29	All-Natural Chicken Tenders with Dinner Rolls Fresh Fruit 100% Fruit Juice Assorted Milk Garbanzo Salad Cucumber Slices 30

LUNCH DAILY OPTIONS

- Cheese sandwich on WW sliced bread.
- Tuna sandwich on roll
- Parfait yogurt with granola, gram crackers and fresh fruit
- "NEW" Available April 7
- Caesar Salad with cheese, croutons and dinner Rolls.
- Garden Salad with grilled chicken, croutons and dinner rolls.

April 29th Promotion
"Maple Chicken Ham Melt"

Items with P may contain PORK
50% of all Whole Grain
WG-Whole Grain
All-Natural Chicken Option

Free lunch for all students.
Due to a USDA initiative, meals are currently provided at no cost through June 2021

This institution is an equal opportunity provider.