



# WESTERN SUFFOLK BOCES MS / JH / HS LUNCH MENU DECEMBER 2025

**FREE BREAKFAST  
AND LUNCH FOR  
Every Student.  
Every Day.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	PIZZA FRIDAY
<b>1</b> Zesty Pizza Crunchers with Marinara Sauce Spinach	<b>2</b> Crispy Chicken Tenders served with Dipping Sauce Small Roll Crunchy Carrots	<b>3</b> Hotdog on a WW Bun Oven Baked Crispy Fries Steamed Broccoli	<b>4</b> Savory Meatball Hero with Marinara Sauce & Shredded Cheese Three Bean Salad Vinaigrette (Chick Pea, Kidney, Cannellini Bean Salad)	<b>5</b> Cheese Pizza Seasoned Green Beans
<b>8</b> <b>Brunch for Lunch</b> Egg Sandwich with Cheese on a Soft Bun Potatoes	<b>9</b> Breaded Chicken Patty Parmesan-style Sandwich Three Bean Salad Vinaigrette (Chick Pea, Kidney, Cannellini Bean Salad)	<b>10</b> Mozarella Sticks with Marinara Sauce Steamed Spinach	<b>11</b> Mini Meatloaf Small Dinner Roll Sweet Peas	<b>12</b> Cheese Pizza Crunchy Carrots
<b>15</b> Hamburger / Cheeseburger served on WW Bun Sweet Corn	<b>16</b> Breaded Chicken Tenders served with Dipping Sauce Tossed Green Salad with Dressing	<b>17</b> Savory Meatball Hero with Marinara Sauce & Shredded Cheese Seasoned Broccoli	<b>18</b> Crispy Chicken Nuggets served with Dipping Sauce Graham Cracker Vegetarian Beans	<b>19</b> Cheese Pizza Oven Baked Sweet Potato Fries
<b>22</b> Breaded Chicken Patty on a WW Bun served with Dipping Sauce Carrot Coins	<b>23</b> <b>Manager's Choice Entrée</b> Seasoned Broccoli	<b>24</b> <b>WINTER RECESS</b>	<b>25</b> <b>WINTER RECESS</b>	<b>26</b> <b>WINTER RECESS</b>
<b>29</b> <b>WINTER RECESS</b>	<b>30</b> <b>WINTER RECESS</b>	<b>31</b> <b>WINTER RECESS</b>		

## MEAL COMPONENTS

### Meat/Meat alternative:

1 oz daily

9 oz weekly

### Whole Grain:

1 oz daily

8 oz weekly

### Vegetable:

3/4 cup daily

### Fruit :

1/2 cup daily

### Milk :

8 oz milk choice

Low fat/Non-fat/Non-fat Chocolate

### USDA REGULATIONS:

Students must take three out of five components.

One of which must be a fruit or vegetable.

## DAILY OFFERINGS

- ✓ American Cheese sandwich
- ✓ Sunbutter & Jelly
- ✓ Cold Cut Sandwich

Fruit & milk choice offered daily

Gluten-free & vegetarian options available upon request with advance notice

\*All additional offerings are based on availability

11/21/2025

Menu subject to change based on item availability  
This institution is an equal opportunity provider and employer