



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
1 Zesty Pizza Crunchers with Marinara Sauce Steamed Broccoli	2 Crispy Popcorn Chicken served with Dipping Sauce Small Roll Crunchy Carrots	3 Hamburger / Cheeseburger on a WW Bun served with Dipping Sauce Oven Baked Crispy Fries	4 Savory Meatball Hero with Marinara Sauce & Shredded Cheese Three Bean Salad in a Vinaigrette (Chick Pea, Kidney, Cannellini Bean Salad)	5 Cheese Pizza Seasoned Green Beans
8 Brunch for Lunch Egg Sandwich with Cheese on a Soft Bun Potatoes	9 Breaded Chicken Patty Parmesan-style Sandwich Tossed Green Salad with Dressing	10 Cheesy Filled Twisted Breadsticks served with Marinara Sauce Garlicky Broccoli	11 Taco served with fixings Seasoned Vegetarian Beans Steamed Carrots	12 Cheese Pizza Corn & Green Bean Salad Vinaigrette
15 Hamburger / Cheeseburger served on WW Bun Sweet Corn	16 Breaded Chicken Tenders served with Dipping Sauce Tossed Green Salad with Dressing	17 Savory Meatball Hero with Marinara Sauce & Shredded Cheese Seasoned Broccoli	18 Crispy Chicken Nuggets served with Dipping Sauce Graham Cracker Vegetarian Beans	19 Cheese Pizza Oven Baked Sweet Potato Fries
22 Breaded Chicken Patty on a WW Bun served with Dipping Sauce Carrot Coins	23 Manager's Choice Entrée Seasoned Broccoli	24 WINTER RECESS	25 WINTER RECESS	26 WINTER RECESS
29 WINTER RECESS	30 WINTER RECESS	31 WINTER RECESS		

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

11/17/2025

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