



WESTERN SUFFOLK BOCES
MS / JH / HS LUNCH MENU
NOVEMBER 2025



FREE BREAKFAST
AND LUNCH FOR

Every Student.
Every Day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	PIZZA FRIDAY
3 Zesty Pizza Crunchers with Marinara Sauce Steamed Broccoli	4  ELECTION DAY	5 Crispy Popcorn Chicken Soft Roll Oven Baked Crispy Fries	6 Savory Meatball Hero with Marinara Sauce & Shredded Cheese Three Bean Salad in a Vinaigrette (Chick Pea, Kidney, Cannellini Bean Salad)	7 Cheese Pizza Crunchy Carrots
10 Breaded Chicken Patty on a WW Bun served with Dipping Sauce Oven Baked Fries	11  VETERANS DAY	12 Cheesy Filled Twisted Breadsticks served with Marinara Sauce Garlicky Broccoli	13 Taco served with fixings Seasoned Beans Steamed Carrots	14 Cheese Pizza Seasoned Green Beans 
17 Hamburger / Cheeseburger served on WW Bun Sweet Corn	18 Breaded Chicken Tenders served with Dipping Sauce Tossed Green Salad with Dressing	19 Savory Meatball Hero with Marinara Sauce & Shredded Cheese Seasoned Broccoli	20 Crispy Chicken Nuggets served with Dipping Sauce Graham Cracker Vegetarian Baked Beans	21 Cheese Pizza Oven Baked Sweet Potato Fries
24 Breaded Chicken Patty on a WW Bun served with Dipping Sauce Carrot Coins	25 THANKSGIVING FEAST Sliced Turkey Breast with Gravy Mashed Potatoes Mac & Cheese side Corn Muffin	26 Zesty Pizza Crunchers with Marinara Sauce Sautéed Spinach	27 THANKSGIVING RECESS 	28 THANKSGIVING 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

