



WESTERN SUFFOLK BOCES
SEPTEMBER 2026
MS/JR/HS LUNCH MENU

FREE BREAKFAST
AND LUNCH FOR

Every Student.
Every Day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1		1 	2 MAC 'N TREES WG Macaroni and Cheese served with Garlicy Broccoli	3 CRUNCH & MUNCH Tacos served with fixings Seasoned Beans 	4 LABOR DAY RECESS 
Week 2	7 LABOR DAY RECESS 	8 CHICKEN 'N WAFFLES Breaded Chicken Patty served with WG Waffle and Syrup Tossed Salad with Dressing	9 Hamburger/Cheeseburger on a WG Bun Vegetarian Beans	10 WSB BOWL Crispy Popcorn Chicken over Mashed Potatoes, Sweet Corn, Shredded Cheddar, Gravy, and a WG Cracker	11 Cheese Pizza Baked Sweet Potato Fries
Week 3	14 BRUNCH FOR LUNCH Manager's Choice Breakfast Sandwich with Cheese on WG Bun Tater Tots or Hash Brown Potatoes	15 Golden Chicken Tenders served with Dipping Sauce Tossed Salad with Dressing	16 MEATBALL MANIA Zesty Meatballs, Mozzarella, & Marinara Sauce on a WG Roll Three Bean Salad Vinaigrette	17 Crispy Chicken Nuggets served with Dipping Sauce WG Cracker Sweet Corn	18 Cheese Pizza Carrots 
Week 4	21 YOM KIPPUR 	22 ASIAN BOWL Popcorn Chicken with an Asian inspired Sauce over Brown Rice Roasted Broccoli 	23 Hamburger/Cheeseburger on a WG Bun Baked Sweet Potato Fries	24 Breaded Chicken Patty Parmesan-style served on a WG Bun Sautéed Spinach	25 Cheese Pizza Oven Baked French Fries
Week 1	28 Pizza Crunchers served with Marinara Sauce Oven Baked French Fries	29 Crispy Chicken Nuggets served with Dipping Sauce WG Cracker Tossed Salad with Dressing	30 MAC 'N TREES WG Macaroni and Cheese served with Garlicy Broccoli		

MEAL COMPONENTS

Meat/Meat alternative:

1 oz daily | 9 oz weekly

Milk:

8 oz milk choice

Whole Grain:

1 oz daily | 8 oz weekly

Vegetable:

3/4 cup daily

Fruit:

1/2 cup daily

USDA REGULATIONS:

Students must take three out of five components.
One of which must be a fruit or vegetable.

DAILY OFFERINGS

American Cheese | Sun butter & Jelly | Cold Cut Sandwich

GF & vegetarian options available upon request
With advance notice

All additional offerings based on item availability

IMPORTANT DATES

NO SCHOOL

September 4- Labor Day Recess
September 7- Labor Day Recess
September 21 – Yom Kippur