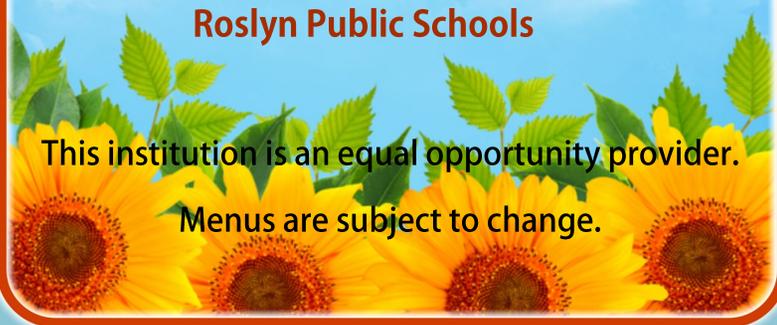


SEPTEMBER 2020

Roslyn Public Schools

This institution is an equal opportunity provider.

Menus are subject to change.



OUR NATION'S HISTORY

In the deadliest natural disaster in U.S. history, a powerful hurricane struck Galveston, Texas in September, 1900 (before modern storm prediction was possible). A 15-foot wall of water and 140-m.p.h. winds flattened the unsuspecting town, taking at least 6,000 lives and destroying over 3,600 buildings.



WITH LIBERTY & JUSTICE FOR ALL

We're here for you. (Even if you're not here.)

There's no telling how this year might go. But in all this uncertainty, there's one thing you can count on: the dedicated, caring women and men of our child nutrition program will be preparing and serving convenient, economical, healthy school meals for our students every day. In the lunchroom. Or in the classroom. Or somewhere else all together. We'll be there for you.

School Meals We serve education every day™

Tuesday, September

Superintendents Day

Wed., September 2

Superintendents Day

Thurs, September 3

Lunch Choice of Sandwiches Turkey, Turkey & Cheese Turkey Ham/WOW Butter w Jelly/Jelly/ Yogurt/Yogurt Parfait Jr. Salad w/ Tuna or Turkey/Turkey Ham Vegetable/Fruit/Milk

Friday, September 4

Lunch Choice of Sandwiches Turkey, Turkey & Cheese Turkey Ham/WOW Butter w Jelly/Jelly/ Yogurt/Yogurt Parfait Jr. Salad w/ Tuna or Turkey/Turkey Ham Vegetable/Fruit/Milk



To help keep yourself, your friends, and your family healthy

DON'T GET!

Tues September 8

Lunch Choice of Sandwiches Turkey, Turkey & Cheese Turkey Ham/WOW Butter w Jelly/Jelly/ Yogurt/Yogurt Parfait Jr. Salad w/ Tuna or Turkey/Turkey Ham Vegetable/Fruit/Milk

Wed., September 9

Lunch Choice of Sandwiches Turkey, Turkey & Cheese Turkey Ham/WOW Butter w Jelly/Jelly/ Yogurt/Yogurt Parfait Jr. Salad w/ Tuna or Turkey/Turkey Ham Vegetable/Fruit/Milk

Thurs, September 10

Lunch Choice of Sandwiches Turkey, Turkey & Cheese Turkey Ham/WOW Butter w Jelly/Jelly/ Yogurt/Yogurt Parfait Jr. Salad w/ Tuna or Turkey/Turkey Ham Vegetable/Fruit/Milk

Friday, September 11

Lunch Choice of Sandwiches Turkey, Turkey & Cheese Turkey Ham/WOW Butter w Jelly/Jelly/ Yogurt/Yogurt Parfait Jr. Salad w/ Tuna or Turkey/Turkey Ham Vegetable/Fruit/Milk

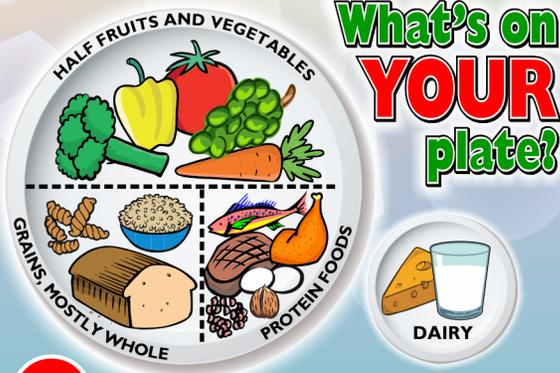
Please follow our Social Distancing Guidelines!

HAPPY LABOR DAY!



We hope the last sweet days of your Summer are super

PEACHY!



Q: How come Bugs Bunny can see so well in the dark?



A: It's because of the vitamin A in all those carrots he eats! Vitamin A helps improve night vision!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

SELF CARE.
We've all been under a lot of stress this year. That's why it's more important than ever to set aside some regular time to take care of yourself – which will make it easier for all of us to keep taking care of each other!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Mon, September 14

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

Tues September 15

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

Wed., September 16

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

Thursday, September 17

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

Friday, September 18

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

Mon September 21

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

Tues September 22

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

Wed., September 23

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

Thurs September 24

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

Friday, September 25

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

Mon September 28



No School Today

Tue, September 29

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

Wed., September 30

Lunch

Choice of Sandwiches
Turkey, Turkey & Cheese
Turkey Ham/WOW
Butter w Jelly/Jelly/
Yogurt/Yogurt Parfait
Jr. Salad w/ Tuna or Turkey/Turkey Ham
Vegetable/Fruit/Milk

The original value meal & still a fantastic deal!

Breakfast

Lunch

\$2.00 \$2.00

Elementary Secondary

\$3.00 \$3.25

Elementary Secondary

Get in touch with us today to learn more about free and reduced-price meals in our district: 516-801-5059 or dpiteo@roslynschools.org