



YOU'RE STILL GOOD!

ALL STUDENTS EAT ALL MEALS @ NO COST THROUGH THE END OF THIS SCHOOL YEAR

As of now, we anticipate returning to our pre-pandemic operations next fall. Please see the other page for more detail, and we will keep our families informed as plans are finalized for the 2022-2023 school year. Thanks for your patience and, for now, keep enjoying those free meals!



COOK FRESH.

A lot of processed foods – cereal, ketchup, cheese, and soda, to name just a few common items -- are often loaded with sodium (whether you can taste it or not) and most restaurant meals are very high in salt, too. In fact, the best way to be sure that your family is not eating too much sodium is to cook fresh foods at home and keep your hands off the shaker.



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

1 AND ONLY!

Only one town in the U.S. is simply named "Beach" -- and it's in North Dakota, which is land-locked! The town was named after a person, Captain Warren Beach.

Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
<p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High School Grilled Cheese</p> <p>Elementary Grilled Cheese</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High & Middle School Managers choice</p> <p>Elementary Pizza</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk High & Middle School Plain Pasta or Pasta with Meatballs or Meat Sauce Elementary Plain Pasta or Pasta with Meatballs or Meat Sauce</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High & Middle School Elementary Managers Choice</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High & Middle School Pizza</p> <p>Elementary Pizza</p>
Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High School Grilled Cheese</p> <p>Elementary Grilled Cheese</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High & Middle School Managers choice</p> <p>Elementary Pizza</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk High & Middle School Plain Pasta or Pasta with Meatballs or Meat Sauce Elementary Plain Pasta or Pasta with Meatballs or Meat Sauce</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High & Middle School Elementary Managers Choice</p>	<p>Lunch</p> <p>Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk</p> <p>High & Middle School Pizza</p> <p>Elementary Pizza</p>

BACK TO THE FUTURE

Like that great old movie, that's where our School Meals program appears to be headed next year: back to pre-pandemic days. Looks like we'll again be asking families that may qualify for free and reduced-price meals to please apply (you'll be able to do that on our website, and in other ways), while other students will pay for meals.

We're glad that, in the year ahead (the future!), we will again be able to focus primarily on what has always been our core mission: providing the good nutrition that your kids need to learn well in class. That's what we love doing.

But we also know that the challenges of our pandemic-era operations—shortages, supply chain tie-ups, rising costs for food, material, and energy, etc.—will still be there. Your family faces those challenges, too, so you know what we're saying. And like your family, we're going to face those challenges head on and do what we have to do for kids.

Nothing is written in stone yet, but we wanted to give you a heads up, so you can make plans to get ahead of the curve. We'll continue to keep our families posted with any program updates though the summer and into next school year. In the meantime, please don't hesitate to contact us with questions at 516-801-5059 or by email at dpiteo@roslynschools.org

School Meals
We serve education every day™

Monday, May 16

Lunch

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

High School
Grilled Cheese

Elementary
Grilled Cheese

Tuesday, May 17

Lunch

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

High & Middle School
Managers choice

Elementary
Pizza

Wednesday, May 18

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
High & Middle School

Plain Pasta or Pasta with
Meatballs or Meat Sauce
Elementary

Plain Pasta or Pasta with
Meatballs or Meat Sauce

Thursday, May 19

Lunch

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

High & Middle School
Elementary
Managers Choice

Friday, May 20

Lunch

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

High & Middle School
Pizza

Elementary
Pizza

Monday, May 23

Lunch

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

High School
Grilled Cheese

Elementary
Grilled Cheese

Tuesday, May 24

Lunch

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

High & Middle School
Managers choice

Elementary
Pizza

Wednesday, May 25

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
High & Middle School

Plain Pasta or Pasta with
Meatballs or Meat Sauce
Elementary

Plain Pasta or Pasta with
Meatballs or Meat Sauce

Thursday, May 26

Lunch

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

High & Middle School
Elementary
Managers Choice

Friday, May 27

**No
School**

**(Snow Make
Up Day)**

Monday, May 30



Tuesday, May 31

**No
School**
**(Snow Make
Up Day)**

★ OUR NATION'S HISTORY ★

In May of 1869, a group of railroad workers moving west met another moving east at Promontory Point, Utah, where a golden spike was driven to complete the construction of the first railroad to span the United States of America from sea to shining sea.

★ WITH LIBERTY & JUSTICE FOR ALL ★