

SYRACUSE CITY SCHOOL DISTRICT
Available in HS and Standalone MS



Fresh Express

MONDAY THROUGH FRIDAY



MILK: Choice of **1%** or **Skim White Milk**, or **Fat-Free Chocolate Milk** with all Fresh Express meals.

FRUIT & VEGETABLES: Additional fruit and vegetable sides also available with Fresh Express meals.

MONDAY

PARFAIT
Lemon Blueberry Chia Parfait

SALAD
Chicken Caesar Salad

PLATTER
Mid East Platter

TUESDAY

PARFAIT
Peach Parfait

SALAD
Fatoush Salad

PLATTER
Lunchable Platter

WEDNESDAY

PARFAIT
Strawberry Parfait

SALAD
Southwest Salad

PLATTER
Banh Mi Platter

THURSDAY

PARFAIT
Pineapple Parfait

SALAD
Antipasto Salad

PLATTER
Turkey Deli Platter

FRIDAY

PARFAIT
Mandarin Orange Parfait

SALAD
Sunberry Salad

PLATTER
Tuna Platter

It is our intent to have these choices available to all students at all times; however, there may be occasions when choices are limited. A reimbursable meal must include at least ½ c. fruit or vegetable equivalent.