

## September 2010 Lunch Menu for SCS Junior/Senior High School

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Try the New Menu Items!</b></p> <p><i>\$.00 Lunch includes: Entrée w/ bread, rice or pasta, vegetable or salad, fruit and milk.</i></p>	<p><b>Free/Reduced Meal eligibility applications expire September 30, 2010. New applications must be submitted by October 1, 2010.</b></p>	<p>8 Welcome Back!</p> <p>Stuffed Crust Pizza: Cheese or Pepperoni OR Chicken Patty Tossed Salad Strawberries w/Topping Fresh Fruit</p>	<p>9 Build a Burger (Hamburger with assorted toppings) OR Hotdog/Bun Potato Rounds Salad Bar Pasta Salad Watermelon Slice</p>	<p>10 Baked Chicken Tenders, Plain or Buffalo with Roll OR Pizza Mashed Potatoes Fresh Veggies w/Dip Diced Apricots Fresh Fruit</p>
<p>13 Meatballs on Sub or Pasta with sauce OR Chicken Patty/Bun Salad Bar Applesauce Fresh Fruit</p>	<p>14 <i>New!</i> Sandwich Steak with cheese, peppers &amp; onions OR Pizza Mixed Veggies Pineapple Tidbits Fresh Fruit</p>	<p>15 Breadstick Dunkers w/Sauce OR Chicken Patty Tossed Salad Blueberry Crisp Fresh Fruit</p>	<p>16 <i>New!</i> Sub Your Way (made to order subs): Turkey/Ham/Cheese &amp; Veggies OR Chicken Patty/Bun Baked Potato w/Topping Salad Bar Frozen Juice bar Fresh Fruit</p>	<p>17 Nacho Grande OR Taco Salad Or Mexican Pizza Seasoned Rice Corn Fresh Fruit</p>
<p>20 Baked Mozzarella Cheese Sticks w/ Warm Garlic Flat bread <i>New!</i> OR Chicken Patty/Bun Spaghetti &amp; Sauce Salad Bar Sliced Pears Fresh Fruit</p>	<p>21 <i>New!</i> BBQ Ham Sandwich OR Chicken Patty/Bun Broccoli w/Dip Sliced Peaches Fresh Fruit</p>	<p>22 Pizzeria Round Pizza, Cheese OR Pepperoni OR Chicken Patty Tossed Salad Diced Apricots Fresh Fruit</p>	<p>23 Chicken Tender Wrap OR Salad, Buffalo or Ranch OR Pizza Seasoned Rice Salad Bar Watermelon Slice Fresh Fruit</p>	<p>24 Grilled Cheese Sandwich OR Chicken Patty /Bun OR Tomato Soup Fruit Cup Fresh Fruit</p>
<p>27 Chicken Parmesan with Pasta &amp; Sauce OR Hamburger/Bun Salad Bar with local farm Fresh Veggies Mixed Fruit Terrace Mountain Apples</p> <p><b>Farm To You Fest 2010</b> <b>Farm to School Week</b></p>	<p>28 Ham &amp; Cheese on Bagel OR Chicken Patty/Bun Roasted Schoharie Valley Farms Potatoes Fruit Cup Terrace Mountain Apples</p>	<p>29 SCS Pizza w/ Cheese, Pepperoni OR Local Veggie Topping OR Chicken Patty Tossed Salad Baked Cherries w/ Topping Terrace Mountain Apples</p>	<p>30 Turkey Caesar Wrap OR Chicken Patty/Bun Salad Bar with local fresh veggies Terrace Mountain Apples</p>	<p>October 1 <b>Brunch For Lunch</b> French Toast Sticks w/Sausage Patty OR Egg &amp; Cheese on English Muffin OR Pizza Hash Brown Patty Applesauce Fresh Fruit</p>

September 2010 Vegetarian Choices: Monday: Pasta/Sauce/Cheese, Tuesday: Veggie Burgers, Wednesday: Cheese Pizza, Thursday: Hummus/Flat bread & veggie platter, Friday: PB&J on Whole Wheat Bread.

Chicken patties, hamburgers, etc. served on whole wheat rolls.

Available Daily ala carte: Baked chips \$.60, ice cream \$.60, bottled water \$.50/.75, Low fat white, chocolate and strawberry milk, & fat-free white milk \$.50, and fresh fruit \$.50.

