

Daily Alternative Options

Yogurt and Bagel Daily Wrap/
Chef Salad Sandwich special
PB&J uncrustable kit

MENU

PK-5 LUNCH

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SEPTEMBER
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Labor Day No School	1	Conference Day No School	2	Staff Development No School	3	Chicken Nuggets Warm Garlic Knot Mashed Potatoes Fresh Veggie with Hummus	4	Cheese Pizza Steamed Mixed Veggie Mango Peach Applesauce Cup	5
French Toast Sticks Turkey Sausage Links or Cheese Omelet Sweet Potato Tots Orange Juice & Syrup	8	Ultimate Nachos Salsa & Sour Cream Refried Bean Dip Yellow Corn Rainbow Pepper Sticks	9	Popcorn Chicken Bites Mozzarella Sticks Marinara Sauce Crinkle Cut French Fries Fresh Veggie Cup & Ranch	10	Macaroni & Cheese Corn Muffin Breaded Broccoli Bites Warm Cinnamon Apples	11	Cheese Pizza Steamed Mixed Veggie Blue Raspberry Applesauce Cup	12
Ham & Cheese Croissant Tomato Soup Goldfish Crackers Steamed Green Beans	15	Rotini with Meat Sauce (beef) Garlic Breadstick Fresh Veggie with Hummus Watermelon Wedge	16	Hot Dog on a Bun Pasta Salad Corn on the Cob Grape Tomatoes	17	Cherry Blossom Chicken Fried Rice & Dumplings Steamed Broccoli Fortune Cookie	18	Cheese Pizza Steamed Mixed Veggie Watermelon Applesauce Cup	19
Chicken & Waffles Sweet Potato Fries 100% Juice Cup Syrup Cup	22	Cheesy Breadsticks with Marinara Sauce Fresh Broccoli & Ranch Baby Carrots Cocoa Brownie Bar	23	Chicken Nuggets Dinner Roll Smiley French Fries Fresh Veggie with Hummus	24	Tortellini Alfredo with Chicken Garlic Texas Toast Peas & Carrots Fresh Grape Tomatoes	25	Cheese Pizza Steamed Mixed Veggie Cinnamon Applesauce Cup	26
Cheeseburger French Fries Rainbow Pepper Sticks Choc Chip Cookie	29	Soft Tacos (beef or turkey, cheese, lettuce) Salsa & Sour Cream Tortilla Chips w/Bean Dip Yellow Corn	30						

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.
Notice is posted when available.

linqconnect.com

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

In collaboration with
CAPITAL REGION
BOCES
SHARED FOOD SERVICE PROGRAM

