

## Daily Alternative Options

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

# MENU



SEPTMBER

## 6-12 LUNCH

Labor Day No School	1	Conference Day No School	2	Staff Development No School	3	Taco Salad w/Chips (meat, cheese & lettuce) Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Rice Crispy	4	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Caesar Side Salad	5
Bistro Cheeseburger (plain, cheese or bacon) NY Breaded Onion Rings Crunchy Coleslaw Chocolate Chip Cookie	8	Ultimate Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn & Beans Mango Peach Applesauce	9	Chicken & Waffles Crispy Chicken Drumstick Sunrise Waffles Home Fries & Baby Carrots 100% Juice Cup & Syrup	10	Macaroni & Cheese Bar w/ Buffalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes	11	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad	12
Crispy Chicken Tenders with assorted dipping sauces French Fries Steamed Peas & Carrots	15	Rotini with Meat Sauce Garlic Texas Toast Seasoned Green Beans Warm Cinnamon Pears	16	Double Hot Dog Day Pasta Salad Corn on the Cob Grape Tomatoes Baked Beans	17	Gen Tso Chicken Fried Rice & Veg Egg Roll Stir Fry Vegetables Fortune Cookie	18	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Caesar Side Salad	19
Philly Cheesesteak Sub Peppers & Onions Baked Potato Chips Fresh Veggie Cup w/Dip	22	Baked Potato Bar (pulled chicken, queso, bacon) Steamed Broccoli Salsa & Sour Cream Roll & Cocoa Brownie Bar	23	Sampler Platter (chick wings & mozz sticks) Warm Garlic Knot Fresh Veggies with Hummus	24	Tortellini Alfredo with Chicken Garlic Breadstick Steamed Green Beans Fresh Grape Tomatoes	25	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad	26
Crispy Chicken Tenders with assorted dipping sauces Pesto Parmesan Rotini Fresh Veggie w/Hummus 100% Juice Cup	29	Cheesy Empanada Calabacitas con Cojita Cheese Mexican Fiesta Rice Cinnamon Churro	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

