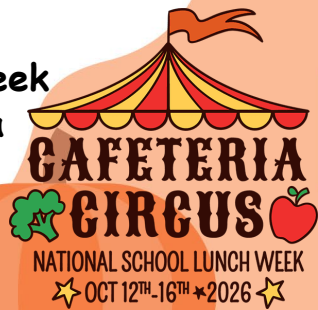


October 12th-16th is
National School Lunch Week
Join us for a Cafeteria
CIRCUS!



MENU

PK-8 LUnch

Harvest of the
Month
NY Apples
October 14th



OCTOBER



Macaroni & Cheese 5
w/Kielbasa Bites
Garlic Breadstick
Honey Ginger Green Beans
Grape Tomatoes

French Toast Sticks 6
Cheese Egg Bite or
Turkey Sausage Links
Sweet Potato Bites
NY Apple Juice Cup

Boneless Chicken Wing 7
& **Mozzarella Stick Basket**
Crinkle Cut Fries
Marinara Sauce Cup
Veggie Cup/Side Salad

Chicken & Veggie
Dumplings 1
Oven Fried Rice
Crunchy Cabbage Salad
Fresh Mandarin Oranges
Fortune Cookie

Personal Cheese 2
Pizza
NY Steamed Peas & Carrots
Fresh Veggie w/ Hummus
Strawberry Applesauce Cup

Toasted Ham & 8
Cheese Croissant
Assorted Yogurt w/ Granola
NYS String Cheese
Tomato & Corn Salad

Superintendent
Conference Day 9

No School 12
Columbus/Indigenous
Peoples Day

Soft Tacos 13
(beef or turkey,
cheese, lettuce)
Salsa & Sour Cream
Cilantro Lime/ Yellow Rice
Veggie Pinto Beans

Cheeseburger 14
Sweet Potato Wedges
Rainbow Pepper Sticks
Fresh NY Apples
or Juice

Pineapple Teriyaki 15
Chicken
Fried Rice
Broccoli & Cucumbers
Fortune Cookie

NY Cheese Pizza 16
Bagel
NY Peas & Carrots
Fresh Veggie w/Hummus
Blue Raspberry Applesauce Cup

Cheesy Breadsticks 19
w/Marinara Sauce
Steamed Broccoli
Rainbow Pepper Sticks
Mini Rice Crispy Treat

Popcorn Chicken & 20
Waffles
Emoji Fries
Cucumber Slices
Orange Juice & Syrup

Oven Roasted 21
Chicken
Au Gratin Potatoes
Grape Tomatoes
Chocolate Chip Cookie

Rotini with Meat 22
Sauce
Garlic Breadstick
Parmesan Peas
Side Salad

Cheese Pizza 23
Pizza Green Beans
Fresh Veggie w/ Hummus
Mango Peach Applesauce Cup

Crispy Chicken 26
Tenders
Tortellini Pasta Salad
Yellow Corn
Grape Tomatoes

Loaded Nachos 27
(Turkey or Beef)
Tex Mex Black Beans
Chili Roasted Sweet Potatoes
Salsa Cup & Sour Cream
NY Grape Slushie

Crispy Chicken Patty 28
Sandwich
Cheesy Garlic Potatoes
Steamed Mixed Vegetables
Baby Carrots w/ Ranch Dip

Mozzarella Pizza 29
Crunchers
Roasted Broccoli
Rainbow Pepper Sticks
Warm Cinnamon Apples/Pears

Mummy Dogs 30
Tomato Soup
Fresh Veggie w/Hummus
Dirt & Worms Pudding
Cup

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.

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

