



MENU

9-12 LUNCH

Harvest of the Month

NYS Corn

& Tomatoes

September 23rd Harvest

of the

Month

SEPTEMBER



Labor Day No School	Staff Development Day	Staff Development Day	Gen Tso Chicken Fried Rice & Veg Egg Roll Stir Fry Vegetables Fresh Grape Tomatoes Fortune Cookie	Pizza Slice Honey Glazed Carrots Caesar Side Salad
Crispy Chicken Tenders with assorted dipping sauces Seasoned Curly Fries Tortellini Pasta Salad Fresh Veggie w/ Hummus	Cheesy Chicken Tinga Quesadillas Salsa, Sour Cream Mexican Street Corn Salad Rainbow Pepper Sticks Mango Peach Applesauce	Bistro Cheeseburger (plain, cheese or bacon) NY Breaded Onion Rings Tangy Cucumber Salad Baby Carrots Tropical Kiwi Fruit Salad	Macaroni & Cheese Bar W/BBQ Seasoned Chicken Garlic Breadstick Parmesan Peas Fresh Grape Tomatoes	Pizza Slice NY Peas & Carrots Garden Side Salad
Chicken Parm Wrap Buffalo Cauliflower Bites NY String Cheese Fresh Veggie w/Hummus	Breakfast for Lunch (Chicken Drumstick & NY Sunrise Waffles) Home Fries Roasted Peppers & Onions NY Apple Juice Cup & Syrup	Maple BBQ Pulled Chicken on Kaiser Au Gratin Potatoes Corn on the Cob & Grape Tomatoes Chocolate Chip Cookie	Teriyaki Chicken Vegetable Fried Rice Chicken & Vegetable Dumplings Sesame Broccoli Tangy Ginger Edamame Salad Fortune Cookie	Pizza Slice Cinnamon Chili Sweet Potatoes Caesar Side Salad
Popcorn Chicken Bowl Dinner Roll Sweet Yellow Corn Fresh Veggie w/Hummus NY Grape Juice Slushie	Build Your Own Burrito w/Cilantro Lime Rice Guacamole, Black Olives, Jalapenos Salsa, Sour Cream Veggie Pinto Beans Rainbow Pepper Sticks	Crispy Chicken Sandwich on Brioche Roll Special Sauce Lettuce, Tomato, Onion, & Pickles Seasoned Waffle Fries Cucumber & Tomato Salad		

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.

In collaboration with
CAPITAL REGION
BOCES
SHARED FOOD SERVICE PROGRAM

