



MENU

PK-8 LUNCH

Harvest of the Month
NYS Corn
& Tomatoes
September 23rd

SEPTEMBER

Harvest
of the
Month



	1	2	3	4
Labor Day No School 7	Staff Development Day 8	Staff Development Day 9	Macaroni & Cheese w/Kielbasa Bites 10 Garlic Breadstick Honey Ginger Green Beans Grape Tomatoes	Cheese Pizza 11 Steamed Yellow Corn Fresh Veggie w/ Hummus Cinnamon Applesauce Cup
Chicken Nuggets 14 Dinner Roll Ranch/Cheesy Mashed Potatoes Yellow Corn, Roasted Carrot Honey/Maple Glazed Carrots	Soft Tacos 15 (beef or turkey, cheese, lettuce) Salsa & Sour Cream Cilantro Lime Rice Veggie Pinto Beans	Cheeseburger 16 Sweet Potato Wedges Rainbow Pepper Sticks Seasonal Fruit Salad	Cherry Blossom Chicken 17 Fried Rice & Egg Roll Steamed Broccoli Fortune Cookie	NY Cheese Pizza 18 Bagel NY Peas & Carrots Fresh Veggie w/Hummus Blue Raspberry Applesauce Cup
Cheesy Breadsticks 21 w/Marinara Sauce Steamed Broccoli Rainbow Pepper Sticks Mini Rice Crispy Treat	Popcorn Chicken & Waffles 22 Emoji Fries Cucumber Slices Orange Juice & Pancake Syrup	Meatball Sub 23 Au Gratin Potatoes Corn on the Cob Grape Tomatoes Chocolate Chip Cookie	Cheese Lasagna 24 Warm Garlic Breadstick Parmesan Peas Grape Tomatoes	Cheese Pizza 25 Steamed Yellow Corn Fresh Veggie w/ Hummus Mango Peach Applesauce Cup
Crispy Chicken Tenders 28 Tortellini Pasta Salad Yellow Corn Grape Tomatoes	Loaded Nachos 29 (Turkey or Beef) Tex Mex Black Beans Chili Roasted Sweet Potatoes Salsa Cup & Sour Cream NY Grape Slushie	Mozzarella Pizza Crunchers 30 Roasted Broccoli Rainbow Pepper Sticks Warm Cinnamon Apples/Pears		

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

