MENU

9-12 LUNCH

Harvest of the Month
NY Dairy
November 18th

NY FOOD DAYS

NOVEMBER

2 Maple BBQ Pulled Chicken on Kaiser Au Gratin Potatoes Baby Carrots w/ Hummus Chocolate Chip Cookie	**3** Ultimate Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Tex Mex Beans Mango Peach Applesauce	**4** Chicken Wing Basket Crispy Potato Wedges Broccoli Florets NY Apple Pie	**5** Gen Tso Chicken Fried Rice & Veg Egg Roll Stir Fry Vegetables Fresh Grape Tomatoes Fortune Cookie	**6** Pizza Slice (Cheese or Pepperoni) Pizza Green Beans Caesar Side Salad
9 Crispy Chicken Tenders with assorted dipping sauces Seasoned Curly Fries Pesto Parmesan Rotini Fresh Veggie w/ Hummus	**10** Cheesy Chicken Tinga Quesadillas Salsa, Sour Cream Mexican Street Corn Salad Rainbow Pepper Sticks Mini Rice Krispy Treat	**11** No School Veterans Day	**12** Macaroni & Cheese Bar W/BBQ Seasoned Chicken Garlic Breadstick Parmesan Peas Fresh Grape Tomatoes	**13** Pizza Slice (Cheese or Pepperoni) NY Peas & Carrots Garden Side Salad
16 Bistro Burger (plain or cheese) NY Breaded Onion Rings Baby Carrots w/Hummus Winter Berry Salad	**17** Breakfast for Lunch (Chicken Drumstick & NY Sunrise Waffles) Home Fries Roasted Peppers & Onions NY Apple Juice Cup & Syrup	**18** Hot Ham & Cheese on Pretzel Roll Glazed Roasted Carrots NY Yogurt w/Granola NY String Cheese NY FOOD DAYS	**19** Thanksgiving @ School Turkey Medallions, Gravy Mac & Cheese Buttery Mashed Potatoes Green Beans & Apple Crisp	**20** Pizza Slice (Cheese or Pepperoni) Cinnamon Chili Sweet Potatoes Caesar Side Salad
23 Popcorn Chicken Bowl Dinner Roll Sweet Yellow Corn Fresh Veggie w/Hummus NY Grape Juice Slushie	**24** Build Your Own Burrito w/Cilantro Lime Rice Guacamole, Black Olives, Jalapenos Salsa, Sour Cream Veggie Pinto Beans Rainbow Pepper Sticks	**25** No School Thanksgiving Break	**26** No School Thanksgiving Day	**27** No School Thanksgiving Break
30 Chicken Parm Wrap w/ Sun chips Buffalo Cauliflower Bites Grape Tomatoes Fresh Veggie w/Hummus				

View Menus Online

linqconnect.com

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

MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

This institution is an equal opportunity provider.