

October 2019 Breakfast & Lunch menu

Grab and Go options include: Hot entrée of the day, Assorted Muffin, Plain bagel w/crm cheese, Fresh fruit, 100% fruit juice, Assorted Low fat or fat free milk.

Cold options include: Assorted Cereal, yogurt, 100% fruit juice, Assorted low fat or fat free milk

31	Mini Bagel Pack Chilled fruit 100% fruit Juice Low fat or fat free Milk 1	WG Cereal Bar Chilled fruit 100% fruit Juice Low fat or fat free Milk 2	Wg Cini mini Chilled fruit 100% fruit Juice Low fat or fat free Milk 3	Pancake Sausage on a stick Chilled Fruit 100% Fruit juice Low Fat or Fat Free milk 4
Wg Super bread Chilled fruit 100% fruit Juice Low fat or fat free Milk 7	Egg/ch Biscuit Chilled fruit 100% fruit Juice Low fat or fat free Milk 8	Wg French toast sticks Chilled fruit 100% fruit Juice Low fat or fat free Milk 9	Wg Cinnamon roll Chilled fruit 100% fruit Juice Low fat or fat free Milk 10	Wg Breakfast pizza Chilled fruit 100% fruit Juice Low fat or fat free Milk 11
No school Columbus Day 14	No School Professional Dev Day 15	Egg/Ch Flatbread sandwich Chilled fruit 100% fruit Juice Low fat or fat free Milk 16	Wg cereal Bar Chilled fruit 100% fruit Juice Low fat or fat free Milk 17	Wg French Toast sticks Chilled fruit 100% fruit Juice Low fat or fat free Milk 18
Mini Pancake Pack Chilled fruit 100% fruit Juice Low fat or fat free Milk 21	Wg Cinnamon roll Chilled fruit 100% fruit Juice Low fat or fat free Milk 22	Sausage /ch Muffin Chilled fruit 100% fruit Juice Low fat or fat free Milk 23	French Toast sticks Chilled fruit 100% fruit Juice Low fat or fat free Milk 24	Dutch Waffle Chilled fruit 100% fruit Juice Low fat or fat free Milk 25
Wg Cereal Chilled fruit 100% fruit Juice Low fat or fat free Milk 28	Mini Bagel Pack Chilled fruit 100% fruit Juice Low fat or fat free Milk 29	Egg and Cheese Croissant Chilled fruit 100% fruit Juice Low fat or fat free Milk 30	Wg Banana Muffin Chilled fruit 100% fruit Juice Low fat or fat free Milk 31	Mini Pancake Pack Chilled Fruit 100% Fruit juice Low Fat or Fat Free milk 1

October 2019 Schoharie Lunch Menu



New York Thursdays. Every Thursday we are proudly celebrating locally sourced foods



Farm2 School Harvest –Broccoli and Raspberries

Daily Alternate lunch include: PBJ, Yogurt, Chef Salad w/dinner roll. Mon,/Wed /Friday Alternate Option chicken salad sandwich

Tuesday /Thursday Alternate option: Egg Salad Sandwich .Fresh Veggies Offered Daily

31	BBQ Pork Sandwich Homemade Apple Celery Salad(O) Veg Sticks w/dip(ROO) Chilled Fruit choice Low fat or fat free Milk 1	Pizza Green beans(O) Chilled fruit Low fat or Fat Free Milk 2	Hot dog on a Bun Baked Beans (BL) Chilled fruit Low fat or Fat Free Milk 3	Bacon Cheeseburger on a bun Homemade Bacon Pea Salad (S)Chilled fruit choice Low Fat Or Fat Free Milk
Baked Pasta w/cheese Green Beans (O) Garlic Breadstick Mozz Cheese stick Chilled Fruit choice Low Fat Or Fat Free Milk 7	Bacon Cheeseburger on a bun Lettuce/tom/onion Potato smile fries(S) Chilled fruit choice Low Fat or Fat Free Milk 8	Homemade Pizza Broccoli Florets (DG) Chickpea choc chip Cookie Chilled Fruit choice Low Fat Or Fat Free Milk 9	Taco Salad w/toppings Black Beans (BL) Chilled Fruit choice Low Fat Or Fat Free Milk 10	Chicken Nuggets w/dipping sauce Green bean/cranberry salad (O) Chilled Fruit choice Low Fat Or Fat Free Milk 11
No School Columbus Day 14	No School Professional Development Day 15	Pizza Romaine Salad w/dressing(DG) Homemade Black bean Brownies Chilled fruit Low Fat Or Fat Free Milk 16	Turkey sandwich Lettuce/tom/onion Cooked carrots (RO) Chilled fruit Choice Low Fat Or Fat Free Milk 17	Loaded Nachos with toppings Black beans (BL) Corn bread Chilled fruit choice Low Fat Or Fat Free Milk 18
Breakfast for Lunch French Toast Sticks Egg patty Potato tots (S) Chilled fruit choice Low Fat Or Fat Free Milk 21	Chicken patty on a bun Lettuce/tom/onion Veg Beans (BL) Chilled fruit choice Low Fat Or Fat Free Milk 22	Homemade Pizza Broccoli Florets(DG) Assorted pudding w/topping Chilled fruit choice Low Fat Or Fat Free Milk 23	Chicken Alfredo Green beans (O) Garlic breadstick Chilled fruit Low Fat Or Fat Free Milk 24	Philly Steak Sandwich Peppers/onion Cooked carrots (RO) Chilled fruit choice Low Fat Or Fat Free Milk 25
Chicken and Biscuits Buttered Corn(S) Chilled fruit choice Low Fat Or Fat Free Milk 28	Homemade Baked Macaroni and cheese Romaine Salad w/dressing(DG) WG dinner roll/marg. Chilled fruit choice Low Fat Or Fat Free Milk 29	Pizza Green beans (O) Homemade Peach crisp Chilled fruit choice Low Fat Or Fat Free Milk 30	Soft Taco/w toppings Broccoli Florets(DG) Choice of chilled fruit Low Fat Or Fat Free Milk 31	Hot Dog on a bun Baked Beans (BL) Sun chips Chilled fruit choice Low Fat Or Fat Free Milk 1

* Menu Subject to change without notice* This institution and the USDA are equal opportunity providers

