

## September 2019 Breakfast and 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

2	3	First Day of School Bagel w/toppings Chilled fruit 100% fruit Juice Low fat or fat free Milk 4	Wg Cereal Choice Chilled fruit 100% fruit Juice Low fat or fat free Milk 5	Pancake on A stick Chilled Fruit 100% Fruit juice Low Fat or Fat Free milk 6
Wg Cereal Choice Chilled fruit 100% fruit Juice Low fat or fat free Milk 9	Wg Mini Bagel Pack Chilled fruit 100% fruit Juice Low fat or fat free Milk 10	Egg and cheese croissant Chilled fruit 100% fruit Juice Low fat or fat free Milk 11	Blueberry muffin Chilled fruit 100% fruit Juice Low fat or fat free Milk 12	WG Mini Pancake Pack w/syrup Chilled fruit 100% fruit Juice Low fat or fat free Milk 13
Wg cereal Bar Choice Chilled fruit 100% fruit Juice Low fat or fat free Milk 16	Wg Breakfast Pizza Chilled fruit 100% fruit Juice Low fat or fat free Milk 17	WG Straw Fruit Pop tart Chilled fruit 100% fruit Juice Low fat or fat free Milk 18	WG Dutch Waffle Chilled fruit 100% fruit Juice Low fat or fat free Milk 19	Wg Mini Waffle pack w/syrup Chilled fruit 100% fruit Juice Low fat or fat free Milk 20
Wg Bagel w/toppings Chilled fruit 100% fruit Juice Low fat or fat free Milk 23	Wg Cereal choice Chilled fruit 100% fruit Juice Low fat or fat free Milk 24	Egg and cheese Biscuit Chilled fruit 100% fruit Juice Low fat or fat free Milk 25	Wg French toast sticks w/Syrup Chilled fruit 100% fruit Juice Low fat or fat free Milk 26	Wg cereal Bar Choice Chilled fruit 100% fruit Juice Low fat or fat free Milk 27
2 oz Muffin/4 oz Yogurt Chilled fruit 100% fruit Juice Low fat or fat free Milk 30	Wg Mini Bagel Pack Chilled fruit 100% fruit Juice Low fat or fat free Milk 1	Wg cereal Bar Choice Chilled fruit 100% fruit Juice Low fat or fat free Milk 2	Wg Cini Minis Chilled fruit 100% fruit Juice Low fat or fat free Milk 3	Pancake on A stick Chilled Fruit 100% Fruit juice Low Fat or Fat Free milk 4

September 2019 Schoharie Lunch Menu



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



Farm2 School Harvest –Apples

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

Tuesday /Thursday Alternate option: Ham and cheese sandwich Fresh Veggies Offered Daily

2	3	Pizza Green beans(O) Chilled fruit Low fat or Fat Free Milk 4	Chicken Patty on a bun, lettuce/tom/onion Broccoli Florets(DG) Chilled fruit Low fat or Fat Free Milk 5	Turkey or Ham Sandwich Baby carrots w/dip(RO) Chilled fruit choice Low Fat Or Fat Free Milk 6
Hot Dog on a bun Vegetarian beans (BL) Sun chips Chilled Fruit choice Low Fat Or Fat Free Milk 9	Chicken Tenders w/dipping sauce Cooked Carrots (RO) Chilled fruit choice Low Fat or Fat Free Milk 10	Homemade Pizza Broccoli Florets (DG) Assorted Pudding w/topping Chilled Fruit choice Low Fat Or Fat Free Milk 11	Taco Salad Black Beans (BI) Chilled Fruit choice Low Fat Or Fat Free Milk 12	Cheeseburger on a bun Buttered Corn(S) Chilled Fruit choice Low Fat Or Fat Free Milk 13
Meat ball sub Green beans (O) Sun Chips Chilled fruit choice Low Fat Or Fat Free Milk 16	Turkey Club Sandwich Pasta Salad ,vegetable sticks w/dip(RO) Baked Potato Chip Chilled fruit Low Fat or Fat Free Milk 17	Pizza Romaine Salad w/dressing(DG) Black bean Brownies Chilled fruit Low Fat Or Fat Free Milk 18	Soft shell Taco w/toppings Vegetarian Beans (BI) Chilled fruit Choice Low Fat Or Fat Free Milk 19	Chicken fajita w/toppings Confetti Corn Salad (S) Chilled fruit choice Low Fat Or Fat Free Milk 20
Spaghetti and Meatballs Romaine Salad w/dressing (DG) Garlic Breadstick Chilled fruit choice Low Fat Or Fat Free Milk 23	Chicken Bacon Ranch Wrap Broccoli Florets (DG) Chilled fruit choice Low Fat Or Fat Free Milk 24	Homemade Pizza Green beans (O) Homemade pear crisp Chilled fruit choice Low Fat Or Fat Free Milk 25	Egg or Tuna Sandwich Broccoli Cheese Soup Sun chips Vegetable s ticks w/dip(O) Chilled fruit Low Fat Or Fat Free Milk 26	Popcorn chicken Bowl Mashed potatoes/gravy Buttered corn(S) Chilled fruit choice Low Fat Or Fat Free Milk 27
Chicken Nuggets w/dipping sauce Buttered Corn(S) Dinner roll/marg Chilled fruit choice Low Fat Or Fat Free Milk 30	BBQ Pork Sandwich Homemade Apple celery Salad(O) Vegetable sticks /dip(O)(RO) Chilled fruit choice Low Fat Or Fat Free Milk 1	Pizza Broccoli Florets(DG) Chilled fruit choice Low Fat Or Fat Free Milk 2	Hot dog on a Bun Baked Beans (BL) Baked lays potato chips Chilled fruit choice 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 4

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

