



















## October 2025 UPK Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Lunch is FREE</u></b> <b>for all students!</b>  <b>Milk: \$1.00</b> <b>Snacks/Dinks: \$1.00+</b>	<b>OCTOBER IS</b> <b>NATIONAL</b> <b>FARM TO SCHOOL</b> <b>MONTH!</b> 	Questions? Contact Food Service Director Sarah Keen at <a href="mailto:keens@schuylerville.org">keens@schuylerville.org</a>	Bosco Cheese Sticks Marinara Sauce <b>or</b> Chicken Caesar Wrap Broccoli	<b><u>SUPER SUB</u></b> Shaved Turkey on Homemade Bread <b>or</b> Yogurt Meal Veggie Sticks	Cheese Pizza <b>or</b> Italian Wrap Veggie Sticks
	<b>Weekly Salad: Chef with Turkey, Hard Boiled Egg, Cheese &amp; Assorted Vegetables</b>				
<b><u>Daily Alternates</u></b> <b>PB&amp;J Meal</b> <b>Mondays/Wednesdays</b>	Boneless Chicken Wings Homemade Cornbread <b>or</b>  Egg Salad Sandwich French Fries	Italian Dunkers Marinara Sauce <b>or</b> Ham Sandwich  NYS Green Peas	Homemade Pancakes <b>or</b> Toasted Bagel Sausage Links Potato Puffs	 Cheeseburger <b>or</b> Hot Dog on a Bun Baked Beans	Cheese Pizza <b>or</b>  Philly Cheese Steak  Glazed Carrots
	<b>Weekly Salad: Crispy Chicken Hard Boiled Egg, Cheese &amp; Assorted Vegetables</b>				
<b><u>Available With All Meals</u></b> Seasonal Fresh and/or Canned Fruit Stewart's White Milk	<b>10/13 No School</b>  <b>National School Lunch</b> <b>Week: Taste the World</b>	<b><u>Chinese</u></b> Orange Chicken Jasmine Rice <b>or</b> Turkey Sandwich Broccoli Fortune Cookie	<b><u>Italian</u></b>  Chicken Alfredo Fresh Baked Bread <b>or</b> Ham Sandwich  Green Beans	<b><u>Mexican</u></b>  Beef Tacos w/ Rice <b>or</b> Turkey Sandwich Corn <b>Cinnamon Churro</b>	<b><u>French</u></b> Cheese Pizza <b>or</b> Ham & Cheese on a Croissant Veggie Sticks
	<b>Weekly Salad - Cobb w/ Chicken, Tomato, Mozzarella, Bacon, &amp; Hard Boiled Egg</b>				
<b><u>We love local!</u></b> We partner with a number of local farms Look for the  designating local products from within New York state.  <b>Boar's Head</b> <b>deli meats on</b> <b>all sandwiches</b>  Boar's Head	Popcorn Chicken w/ Biscuit <b>or</b> Tuna Sandwich Mashed Potatoes/Gravy Steamed Corn	Nachos w/ Beef  & Cheese Sauce Steamed Rice <b>or</b> Ham Sandwich Steamed Corn	Mozzarella Sticks Seasoned Rotini <b>or</b> Turkey Sandwich Marinara Sauce Broccoli	Waffles with Sausage <b>or</b> Bacon Egg & Cheese on a Bagel Rainbow Potato Medley	Cheese Pizza <b>or</b> Meatball Sub Roasted Chickpeas
	<b>Weekly Salad: Chef with Turkey, Hard Boiled Egg, Cheese &amp; Assorted Vegetables</b>				
	Crispy Chicken Tenders Homemade Cornbread <b>or</b>  Egg Salad Sandwich French Fries	Macaroni & Cheese Fresh Baked Bread <b>or</b> Turkey Sandwich  NYS Green Peas	French Toast Sticks <b>or</b> Toasted Bagel Sausage Links Hash Brown	 Crispy Chicken Sandwich <b>or</b> Ham Sandwich  Roasted Potatoes	Cheese Pizza <b>or</b>  Buffalo Chicken Dip w/ Tortilla Chips Veggie Sticks
<b>Weekly Salad: Crispy Chicken Hard Boiled Egg, Cheese &amp; Assorted Vegetables</b>					