




















October is National Farm to School Month!

October 2021 High School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	National Hispanic Heritage Month - September 15-October 15				
Doubles: \$1.50 Milk: \$0.50 Snacks: \$0.75 + Ice Cream: \$1.00 + Water: \$1.00 Bottled Drinks: \$1.50	Tacos w/ NY Beef  Plain or Spanish Rice Steamed Corn Salsa, Cheese, Lettuce Seasoned Black Beans Cinnamon Churro  4	Homemade Empanada <i>or</i> Beef & Bean Burrito Yucca Fries Sliced NY Peppers  5	Cuban Rice w/ Shredded Pork <i>or</i> Taco Salad Seasoned Black Beans Tres leches Cake  6	Quesadillas Plain or Spanish Rice <i>or</i> Stuffed Pepper Steamed Corn  7	Cuban Piada <i>or</i> Grilled Cheese Tomato Soup Local Veggie Sticks  8
Milk & fresh or canned fruit served daily with lunch	Columbus Day  11	Chicken Nuggets Homemade Cornbread Roasted NY Potatoes Steamed Broccoli 12	Salad Bar <i>Build Your Own Salad</i> <i>or</i> Pulled Pork Sandwich Chicken Noodle Soup Stewart's Ice Cream  13	Macaroni & Cheese made with NY Pasta  Fish Sticks Dinner Roll Garden Peas  14	Texas French Toast Sausage Links <i>or</i> Breakfast Sandwich Potato Puffs Spinach Salad Real NY Maple Syrup  15
Daily Choices Pizza Slice Bagel Meal Salad Meal Deli Sandwich	Chicken Patty on Bun  NY French Fries  NY Veggies  NY Apple  18	Macho Nachos Fluffy Brown Rice Refried Beans Salsa, Lettuce, Cheese & Sour Cream 19	Pasta Bar Spaghetti w/ choice of Meat Sauce, Alfredo or Meatballs w/ Marinara Garlic Bread Caesar Salad 20	 Schuylerville Burger Bacon, Cheese, Plain or Veggie Curly Fries Homemade Soup 21	Pancakes & Sausage Links <i>or</i> Ham, Egg & Cheese Bagel Melt Potato Puffs Baby Carrots 22
Local & Fresh October is National Farm to School Month! Look for the apple that designates local products. 	Mozzarella Sticks Seasoned Rotini Marinara Sauce Steamed Broccoli Tossed Salad 25	Popcorn Chicken Baked Bread Mashed Potatoes Gravy Steamed Corn 26	Salad Bar <i>Build Your Own Salad</i> <i>or</i> Loaded Baked Potato w/ Dinner Roll Homemade Chili Broccoli 27	 SUPER SUB Italian or Shaved Turkey on Homemade Bread <i>or</i> Hot Italian Chicken Sub Homemade Soup Veggie Sticks 28	"Goul"ash <i>or</i> Crispy Chicken Wrap Roasted Vegetables Chocolate Pudding  29