























September 2023 High School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Meal: \$2.75 Doubles: \$1.50 Milk: \$0.60 Snacks: \$1.00 + Ice Cream: \$1.00 + Water: \$1.00 Drinks: \$1.00 +</p>	 4	SUPERINTENDENT'S CONFERENCE DAY 5	SUPERINTENDENT'S CONFERENCE DAY 6	<u>Welcome Back!</u> Soft or Crunchy Tacos Brown Rice Steamed Corn Mexican Beans Salad Salsa, Cheese, Lettuce & Sour Cream 7	Grilled Cheese <i>or</i> Pulled Pork Sandwich Tomato Soup Baked Beans Carrots & Celery Tomato/Cucumber Salad 8
	Free & reduced meal applications must be completed every year! Families may apply for free/reduced price meals online at linqconnect.com . Alternatively, download an application form the district website and return to school.				
<p>Milk & fresh or canned fruit served daily with lunch</p>	<p>Macaroni & Cheese Fish Sticks Garden Green Peas Glazed Carrots</p>     11	<p>Chicken Nuggets Homemade Cornbread Roasted NY Potatoes Harvest Chopped Salad Roasted Chickpeas</p>  12	<p>Texas French Toast Sausage Links <i>or</i> Ham, Egg & Cheese Melt Potato Puffs Baby Carrots</p> 13	<p><u>Build Your Own Sub</u> Selection of Boar's Head Meats & Cheeses Homemade Soup Italian Potato Salad Veggies & Dip</p>     14	<p>Mozzarella Sticks Seasoned Rotini Marinara Sauce Steamed Broccoli Caesar Salad</p>   15
<p><u>Daily Choices</u> Pizza Slice Bagel Meal Salad Meal Deli Sandwich</p>    18	<p>Crispy Chicken Sandwich NY Green Beans Roasted NY Potatoes</p>  19	<p><u>Pasta Bar</u> Spaghetti w/ choice of <i>Chicken Alfredo or Meatballs w/ Marinara</i> Steamed Broccoli Garlic Bread Caesar Salad</p>  20	<p><u>Schuylerville Burger</u> Bacon, Cheese, Plain <i>or</i> Double Dogs Wheat Berry Salad French Fries Tuscan Vegetable Soup</p>  21	<p>Pancakes & Sausage Links <i>or</i> Bacon, Egg & Cheese on a Bagel Potato Puffs Baby Carrots</p> 22	
<p><u>Local & Fresh</u> We love local! Look for the apple that designates local products.</p>  25	<p><u>National Quesadilla Day!</u> Chicken, Cheese, Veggie or Beef Spanish Rice Corn, Black Beans</p> 26	<p><u>Calzones</u> Ham, Cheese, Broccoli <i>or</i> Pepperoni Fresh Marinara Sauce NY Green Beans Caesar Salad</p>   27	<p><u>SUPER SUB</u> Italian or Shaved Turkey on Homemade Bread <i>or</i> Meatball Sub Mediterranean Chickpea Salad Loaded Baked Potato Salad</p>  28	<p>Buffalo Chicken Dip with Tortilla Chips <i>or</i> Chicken Caesar Wrap Carrots & Celery Minestrone Soup</p> 29	