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	Monday	Tuesday	Wednesday	Thursday	Friday
<p>2023-24 Prices Lunch: \$2.65 Milk \$.60 2nd Entrée \$1.50 Snacks: \$1.00 Water/Juice: \$1.00 Daily Alternates: PBJ Meal Salad Meal</p>	 4	<p>SUPERINTENDENT'S CONFERENCE DAY</p> 5	<p>SUPERINTENDENT'S CONFERENCE DAY</p> 6	<p>Welcome Back! Soft or Crunchy Tacos  or Turkey Sandwich Corn, Brown Rice Mexican Bean Salad Salsa, Cheese, Sour Cream 7</p>	<p>Cheese or Pepperoni Pizza or Ham Sandwich Steamed Broccoli Veggie Sticks 8</p>
<p>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 from the district website and return to school.</p>					
<p>Weekly Salad - Taco Salad w/ Chicken, Cheese, Bean Salad & Chips</p>					
<p>Included Daily Seasonal Fresh and/or Canned Fruit Choice of 1% White or Chocolate Milk</p>	<p>Chicken Nuggets Homemade Cornbread or  Egg Salad Sandwich  Roasted NY Potatoes Baby Carrots 11</p>	<p>Spaghetti & Meatballs Freshly Baked Bread or Turkey Sandwich  Green Beans  Caesar Salad 12</p>	<p>Waffles with Sausage Patties or Ham, Egg & Cheese on a Bagel Potato Puffs Baby Carrots 13</p>	<p>Macaroni & Cheese Fish Sticks or  Turkey Sandwich  Garden Green Peas Roasted Chickpeas 14</p>	<p>Cheese or Buffalo Chicken Pizza or Chicken Caesar Wrap Glazed Carrots  Caesar Salad 15</p>
<p>Weekly Salad -Chicken Bacon Ranch (lightly seasoned chicken, bacon, & tomatoes over greens)</p>					
<p>We love local! We partner with a number of local farms Look for the  designating local products from within New York state.</p>	<p>Crispy Chicken Sandwich or Tuna Sandwich  Roasted NY Potatoes  Veggie Sticks 18</p>	<p>Chicken & Cheese Quesadilla Fluffy Brown Rice or Turkey Sandwich Steamed Corn Seasoned Black Beans 18</p>	<p>Mozzarella Sticks Seasoned Rotini Marinara Sauce or Ham Sandwich  NY Green Beans Baby Carrots 20</p>	<p> NY Cheeseburger or Hot Dog on a Bun French Fries  NY Cole Slaw  Local NY Corn  21</p>	<p>Cheese or Pepperoni Pizza or Meatball Sub  Roasted NY Broccoli Baby Carrots 22</p>
<p>Weekly Salad - Chicken Caesar</p>					
<p> Boar's Head Now serving Boar's Head deli meats and cheeses!</p>	<p>Popcorn Chicken  Freshly Baked Bread or  Egg Salad Sandwich Mashed Potatoes/Gravy Steamed Corn 25</p>	<p>Texas French Toast or Bagel w/ Cream Cheese  Scrambled Eggs Potato Puffs  NY Grape Juice 26</p>	<p>Nachos w/ Taco Mea  & Cheese Sauce Fluffy Brown Rice or Turkey/Cheese Sandwich Steamed Corn Refried Beans 27</p>	<p>Grilled Cheese or Pulled Pork Sandwich Tomato Soup Saltine Crackers Baked Beans Baby Carrots 28</p>	<p>Cheese or Chicken Bacon Ranch Pizza or Hot Dog on a Bun  Veggie Sticks  Steamed Green Beans  NY Grape Slushie 29</p>
<p>Weekly Salad - Cobb w/ Chicken, Tomato, Mozzarella, Bacon, & Hard Boiled Egg</p>					