
























September 2023 UPK Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
Fresh fruit and vegetables offered daily!	 <small>4</small>	SUPERINTENDENT'S CONFERENCE DAY <small>5</small>	SUPERINTENDENT'S CONFERENCE DAY <small>6</small>	Welcome Back! Soft Beef Tacos  or Turkey Sandwich Corn, Brown Rice	Cheese Pizza or Ham Sandwich Steamed Broccoli Veggie Sticks	
	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.					<small>7</small>
	Chicken Nuggets Homemade Cornbread or  Egg Salad Sandwich  Roasted NY Potatoes Baby Carrots <small>11</small>	Spaghetti & Meatballs Freshly Baked Bread or Turkey Sandwich  Green Beans  Caesar Salad <small>12</small>	Waffles with Sausage Patties or Bagel w/ Cream Cheese Potato Puffs Baby Carrots <small>13</small>	Macaroni & Cheese with Fish Sticks or  Turkey Sandwich  Garden Green Peas <small>14</small>	Cheese Pizza or Glazed Carrots  Caesar Salad <small>15</small>	
We love local! We partner with a number of local farms. Look for the  designating local products from within New York state.	Crispy Chicken Sandwich or Tuna Sandwich  Roasted NY Potatoes  Veggie Sticks <small>18</small>	Chicken & Cheese Quesadilla Fluffy Brown Rice or Turkey Sandwich Steamed Corn Seasoned Black Beans <small>18</small>	Mozzarella Sticks Seasoned Rotini Marinara Sauce or Ham Sandwich  NY Green Beans Baby Carrots <small>20</small>	 NY Cheeseburger or Hot Dog on a Bun French Fries  Local NY Corn  <small>21</small>	Cheese Pizza or Meatball Sub  Roasted NY Broccoli Baby Carrots <small>22</small>	
 Boar's Head Now serving Boar's Head deli meats and cheeses!	Popcorn Chicken Freshly Baked Bread or  Egg Salad Sandwich Mashed Potatoes/Gravy Steamed Corn <small>25</small>	Texas French Toast or Bagel w/ Cream Cheese  Scrambled Eggs Potato Puffs  NY Grape Juice <small>26</small>	Nachos w/ Taco Meat & Cheese Sauce Fluffy Brown Rice or Turkey/Cheese Sandwich Steamed Corn Refried Beans <small>27</small>	Grilled Cheese or Pulled Pork Sandwich Tomato Soup Saltine Crackers Baked Beans Baby Carrots <small>28</small>	Cheese Pizza or Hot Dog on a Bun  Veggie Sticks  Steamed Green Beans <small>29</small>	