






October is National Farm to School Month!

October 2023 Elementary & Middle School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch: \$2.65 Milk \$.60 2nd Entrée \$1.50 Snacks: \$1.00 Water/Juice: \$1.00	Tyson Chicken Patty on a Bun or Tuna Sandwich Roasted NY Potatoes Green Beans 2	Homemade Pancakes & Sausage Links or Sausage, Egg & Cheese on an English Muffin Hash Brown 3	Soft or Crunchy Tacos or Turkey Sandwich Corn, Brown Rice Mexican Bean Salad	Orange Chicken & Jasmine Rice or Turkey Sandwich Stir-Fried Vegetables 5	Cheese or Pepperoni Pizza or Ham Sandwich Steamed Broccoli Baby Carrots 6
Weekly Salad - Garden Salad with Chicken & Assorted Veggies					
October 9-13th is National School Lunch Week! Eat with us and level up with school lunch!					
Daily Alternates: PBJ Meal Salad Meal Included Daily Choice of Fruit & Milk	No School  9	Chicken Nuggets Homemade Cornbread or Egg Salad Sandwich Roasted NY Potatoes Baby Carrots 9	Spaghetti & Meatballs Freshly Baked Bread or Turkey Sandwich Green Beans Caesar Salad 11	Oven Roasted Chicken Buttermilk Biscuit or Ham Sandwich Steamed Corn Roasted Beets Cole Slaw 12	Cheese or Buffalo Chicken Pizza or Chicken Caesar Wrap Veggie Sticks Roasted Chickpeas 13
Weekly Salad -Chef with Ham, Cheese & Assorted Vegetables					
	Crispy Chicken Sandwich or Tuna Sandwich Roasted NY Potatoes Veggie Sticks 16	Chicken Quesadilla with Rice or Turkey Sandwich Steamed Corn Seasoned Black Beans 17	Mozzarella Sticks Seasoned Rotini or Ham Sandwich NY Green Beans Baby Carrots 18	Cheeseburger or Hot Dog French Fries Veggie Sticks  19	Cheese or Pepperoni Pizza or Ham Sandwich Glazed Carrots Caesar Salad 20
Weekly Salad - Cobb w/ Chicken, Tomato, Mozzarella, Bacon, & Hard Boiled Egg					
Local & Fresh October is National Farm to School Month! Look for the apple that designates local products. 	Popcorn Chicken Freshly Baked Bread or Egg Salad Sandwich Mashed Potatoes/Gravy Steamed Corn 23	Texas French Toast or Bagel w/ CC Scrambled Eggs Potato Puffs Real NY Maple Syrup 24	Nachos w/ NY Beef & Cheese Sauce Fluffy Brown Rice or Turkey Sandwich Steamed Corn 25	Grilled Cheese or Pulled Pork Sandwich Tomato Soup Saltine Crackers Baked Beans 26	Cheese or Chicken Bacon Ranch Pizza or Italian Wrap Baby Carrots Caesar Salad 27
Weekly Salad - Garden Salad with Chicken & Assorted Veggies					
Now seving Boar's Head deli meats on all sandwiches!  Boar's Head	Chicken Alfredo over Penne Pasta Fresh Baked Bread or Tuna Sandwich Green Beans Baby Carrots 30	Happy Halloween! Soft or Crunchy Tacos or Turkey Sandwich Corn, Brown Rice Mexican Bean Salad 31	October is National Farm to School Month! This year the distriact began purchasing grass fed ground beef and hamburgers from Kilkoyn Farms in Hudson Falls, NY. Fresh fruits and vegetables are also sourced locally whenever possible, and milk is delivered fresh from Stewart's Shops in Saratoga Springs!		
Weekly Salad -Chef with Ham, Cheese & Assorted Vegetables					