




# October is National Farm to School Month!

## October 2023 UPK Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Fresh fruit and vegetables offered daily!	Tyson Chicken Patty on a Bun or Tuna Sandwich 🍏 Green Beans 2	Homemade Pancakes & Sausage Links or Sausage, Egg & Cheese on an English Muffin Hash Brown 3	Crunchy Beef Tacos 🍏 or Turkey Sandwich Corn, Brown Rice	Orange Chicken & Jasmine Rice or Turkey Sandwich Baby Carrots 5	Cheese Pizza or or Ham Sandwich Steamed Broccoli 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!				
	No School  9	Chicken Nuggets Homemade Cornbread or 🍏 Egg Salad Sandwich Baby Carrots 10	Spaghetti & Meatballs Freshly Baked Bread or Turkey Sandwich 🍏 Green Beans 11	Oven Roasted Chicken Buttermilk Biscuit or Ham Sandwich Steamed Corn 12	Cheese Pizza Veggie Sticks 13
Weekly Salad -Chef with Ham, Cheese & Assorted Vegetables					
	Crispy Chicken Sandwich or Tuna Sandwich Veggie Sticks 16	Chicken Quesadilla or Turkey Sandwich Steamed Corn Seasoned Black Beans 17	Mozzarella Sticks Seasoned Rotini or Ham Sandwich 🍏 NY Green Beans 18	🍏 Cheeseburger or Hot Dog French Fries 19	Cheese Pizza or Ham Sandwich or 🍏 Glazed Carrots 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 23	Texas French Toast or Bagel w/ CC 🍏 Scrambled Eggs Potato Puffs 24	Nachos w/ NY Beef 🍏 & Cheese Sauce Fluffy Brown Rice or Turkey Sandwich Steamed Corn 25	Grilled Cheese or Pulled Pork Sandwich Baked Beans 26	Cheese Pizza or Ham & Cheese Wrap Baby Carrots 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 30	Happy Halloween! Crunchy Beef Tacos 🍏 or Turkey Sandwich Corn, Brown Rice 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				