









## September 2024 High School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch is FREE</b> for all students!</p> <p><b>Milk &amp; fresh or canned fruit served daily with lunch</b></p> <p><b>Daily Choices</b> Pizza Slice Bagel Meal Salad Meal Deli Sandwich Yogurt Meal Pretzel Meal</p>	 2	<p><b>SUPERINTENDENT'S CONFERENCE DAY</b></p> 3	<p><b>SUPERINTENDENT'S CONFERENCE DAY</b></p> 4	<p><b>Welcome Back!</b> Popcorn Chicken Buttermilk Biscuit Mashed Potatoes/Gravy Steamed Corn</p> 5	<p>Waffles &amp; Sausage <b>or</b> Breakfast Sandwich Potato Medley Spinach Salad</p> 6
<p><b>Daily Choices</b> Pizza Slice Bagel Meal Salad Meal Deli Sandwich Yogurt Meal Pretzel Meal</p>	<p>Mozzarella Sticks Seasoned Rotini Marinara Sauce Garden Green Peas</p> 9	<p>Boneless Chicken Wings Corn Bread Roasted Potatoes Carrots &amp; Celery</p> 10	<p> Beef Tacos Fluffy Brown Rice Steamed Corn Mexican Bean Salad Assorted Toppings</p> 11	<p><b>Build Your Own Sub</b> Selection of Boar's Head Meats &amp; Cheeses Tuscan Vegetable Soup </p> 12	<p>Crispy Chicken Sandwich Special Sauce/Toppings Sidewinder Fries Caesar Salad</p> 13
<p><b>Daily Choices</b> Pizza Slice Bagel Meal Salad Meal Deli Sandwich Yogurt Meal Pretzel Meal</p>	<p>Grilled Cheese <b>or</b> Turkey Flatbread Tomato Soup Baked Beans Carrots &amp; Celery</p> 16	<p> Macho Nachos Fluffy Brown Rice Seasoned Black Beans Steamed Corn</p> 17	<p><b>Pasta Bar</b> Meatballs, Chicken Alfredo or Marinara over Penne Garlic Bread Steamed Green Beans Caesar Salad</p> 18	<p>French Toast <b>or</b> Bagel w/ Cream Cheese Sausage Links Hash Brown</p> 19	<p><b>Burger Bar</b> Bacon, Cheese or Plain Fries or Onion Rings Potato Salad Assorted Toppings</p> 20
<p><b>Local &amp; Fresh</b> Look for the apple on our menu that designates a local product from NY.</p>	<p>Baked Potato w/ Biscuit <b>or</b> Hot Ham &amp; Cheese Homemade Chili Broccoli Assorted Toppings</p> 23	<p>Popcorn Chicken Baked Bread Mashed Potatoes Gravy Steamed Corn</p> 24	<p><b>National Quesadilla Day!</b> Assorted Quesadillas Spanish Rice Corn, Black Beans</p> 25	<p><b>SUPER SUB</b> Italian or Shaved Turkey on Homemade Bread <b>or</b> Asian Noodle Salad Seasonal Cold Salads</p> 26	<p>Buffalo Chicken Dip with Tortilla Chips <b>or</b> Chicken Caesar Wrap Carrots &amp; Celery</p> 27
<p> <b>All meals must have at least 1 serving of fruit and/or vegetable</b></p>	<p>Crispy Chicken Tenders Buttermilk Biscuit Curly Fries Caesar Salad</p> 30	<p><b>Now serving Boar's Head deli meats on all sandwiches!</b></p>  Boar's Head	<p>Proudly serving local New York State beef from Hudson Falls, NY</p> 	<p><b>Only whole muscle chicken</b> products with no added soy or fillers!</p> 	<p>Visit <a href="http://linqconnect.com">linqconnect.com</a> to add money to student accounts or complete the voluntary income survey</p> 