






## September 2024 UPK Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch is FREE</b> for all students!</p> <p>Milk: \$1.00</p>	 2	<p>Superintendent's Conference Day</p> 3	<p>Superintendent's Conference Day</p> 4	<p><b>Welcome Back!</b> Popcorn Chicken w/ Biscuit <b>or</b> Turkey Sandwich Mashed Potatoes/Gravy Steamed Corn</p> 5	<p>Homemade Pizza <b>or</b> 🍎 Chicken Bacon Ranch Wrap 🍎 Caesar Salad</p> 6
	<p>Boneless Chicken Wings Homemade Cornbread <b>or</b> Ham Sandwich French Fries Baby Carrots</p> 9	<p>🍎 Beef Tacos Steamed Rice <b>or</b> Turkey Sandwich Corn, Bean Salad Assorted Toppings</p> 10	<p>Waffles with Sausage <b>or</b> Sausage, Egg &amp; Cheese Rainbow Potatoes 🍎 NY Concord Grape Juice</p> 11	<p>🍎 Cheeseburger <b>or</b> Hot Dog on a Bun Cole Slaw 🍎 BJ's Corn 🍎 Watermelon</p> 12	<p>Homemade Pizza <b>or</b> Chicken Caesar Wrap Veggie Sticks w/ Dip 🍎 NY Grape Slushie</p> 13
<p><b>Available With All Meals</b> Seasonal Fresh and/or Canned Fruit At Least 2 Vegetables Choice of Stewart's Milk</p>	<p>Pasta &amp; Meat Sauce 🍎 Fresh Baked Bread <b>or</b> Egg Salad Sandwich 🍎 Garden Green Peas Caesar Salad</p> 16	<p>Mozzarella Sticks Seasoned Rotini Marinara Sauce <b>or</b> Ham Sandwich Garden Green Peas 🍎 Kale Chips</p> 17	<p>Crispy Chicken Sandwich <b>or</b> 🍎 Turkey Sandwich Roasted Potatoes Baby Carrots</p> 18	<p>Grilled Cheese <b>or</b> Ham/Cheese Bagel Melt Tomato Soup Baked Beans</p> 19	<p>Homemade Pizza <b>or</b> Meatball Sub Caesar Salad Baby Carrots</p> 20
<p><b>We love local!</b> We partner with a number of local farms Look for the 🍎 designating local products from within New York state.</p>	<p>Macaroni &amp; Cheese 🍎 Fresh Baked Bread <b>or</b> Ham Sandwich Garden Green Peas Baby Carrots</p> 23	<p>🍎 Beef &amp; Cheese Nachos Steamed Rice <b>or</b> Turkey Sandwich Corn, Refried Beans Assorted Toppings</p> 24	<p>Italian Dunkers Marinara Sauce <b>or</b> Tuna Sandwich Steamed Green Beans 🍎 Baby Carrots</p> 25	<p>French Toast <b>or</b> Bagel w/ Cream Cheese Sausage Links Hash Brown Spinach Salad 🍎</p> 26	<p>Homemade Pizza <b>or</b> Buffalo Chicken Dip w/ Tortilla Chips Veggie Sticks w/ Dip</p> 27
<p>Questions? Contact Food Service Director Sarah Keen at <a href="mailto:keens@schuylerville.org">keens@schuylerville.org</a></p>	<p>Chicken Tenders Fresh Baked Bread <b>or</b> Turkey Sandwich Mashed Potatoes/Gravy Steamed Corn</p> 30	<p><b>Now serving Boar's Head deli meats on all sandwiches!</b></p> 	<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> 