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	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is FREE for all students! Milk: \$1.00 Snacks/Dinks: \$1.00+	 1	Superintendent's Conference Day 2	Superintendent's Conference Day 3	Welcome Back! Popcorn Chicken w/ Biscuit or Ham Sandwich Mashed Potatoes/Gravy Steamed Corn 4	Cheese or Pepperoni Pizza or Ham Sandwich  Caesar Salad Broccoli 5
Weekly Salad: Chef with Ham, Hard Boiled Egg & Cheese					
Daily Alternates PB&J Meal Salad Meal Middle School Pretzels & Sandwiches Daily as Available	Boneless Chicken Wings Homemade Cornbread or Turkey Sandwich French Fries Carrots & Celery 8	Italian Dunkers Marinara Sauce or Ham Sandwich  NYS Green Beans Baby Carrots 9	Waffles with Sausage or Bacon Egg & Cheese on a Bagel Rainbow Potato Medley  NY Grape Juice 10	 Cheeseburger or Hot Dog on a Bun Baked Beans  Roasted Potatoes  Watermelon 11	Cheese or Chicken Bacon Ranch Pizza or Ham/Cheese Bagel Melt  Veggie Sticks w/ Dip 12
Weekly Salad: Crispy Chicken Hard Boiled Egg & with Assorted Vegetables					
Available With All Meals Seasonal Fresh and/or Canned Fruit At Least 2 Vegetables Choice of Stewart's Milk	Pasta & Meat Sauce  Fresh Baked Bread  or Turkey Sandwich  NYS Green Beans Baby Carrots 15	National Guacamole Day  Beef Tacos w/ Rice or Ham Sandwich Steamed Corn Mexican Bean Salad  Fresh Guacamole 16	Mozzarella Sticks Seasoned Rotini or Turkey Sandwich Marinara Sauce Broccoli 17	Crispy Chicken Sandwich w/ Secret Sauce or Ham Sandwich  Roasted Potatoes Baby Carrots 18	Cheese or Pepperoni Pizza or Meatball Sub Caesar Salad Baby Carrots 19
Weekly Salad: Chef with Turkey, Hard Boiled Egg & Cheese					
We love local! We partner with a number of local farms Look for the  designating local products from within New York state. Boar's Head deli meats on all sandwiches  Boar's Head	Macaroni & Cheese  Sausage Links & Bread or Turkey Sandwich  NYS Green Peas Baby Carrots 22	Beef & Cheese Nachos Steamed Rice or Ham Sandwich Corn Refried Beans 23	Popcorn Chicken w/ Biscuit or Turkey Sandwich Mashed Potatoes/Gravy Steamed Corn  NYS Kale Chips 24	French Toast or Bagel w/ Cream Cheese Sausage Links Hash Brown Spinach Salad 25	Cheese or Pepperoni Pizza or  Buffalo Chicken Dip w/ Tortilla Chips Veggie Sticks w/ Dip 26
Weekly Salad: Crispy Chicken Hard Boiled Egg & with Assorted Vegetables					
	Crispy Chicken Tenders w/ Secret Sauce or Turkey Sandwich Homemade Cornbread French Fries, Baby Carrots 29	Grilled Cheese or Ham Sandwich Tomato Soup Baked Beans Carrots & Celery 30	Proudly serving local New York State beef from Hudson Falls, NY 	Only whole muscle chicken products with no added soy or fillers! 	Visit linqconnect.com to add money to student accounts or complete the voluntary income survey 
Weekly Salad - Cobb w/ Chicken, Tomato, Mozzarella, Bacon, & Hard Boiled Egg					