

















September 2025 High School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is <u>FREE</u> for all students!</p> <p>Milk & Fruit Served Daily with All meals</p> <p><u>Daily Choices</u> Pizza Slice Bagel Meal Salad Meal Deli Sandwich Yogurt Meal Pretzel Meal</p> <p><u>Local & Fresh</u> Look for the apple on our menu that designates a local product from NY.</p> <p>Boar's Head deli meats on all sandwiches!</p> <p> Boar's Head</p> <p>All meals must have at least 1 serving of fruit and/or vegetable</p>	 <p style="text-align: right;">1</p>	<p>SUPERINTENDENT'S CONFERENCE DAY</p> <p style="text-align: right;">2</p>	<p>SUPERINTENDENT'S CONFERENCE DAY</p> <p style="text-align: right;">3</p>	<p><u>Welcome Back!</u> Popcorn Chicken Buttermilk Biscuit Mashed Potatoes/Gravy Steamed Corn</p> <p style="text-align: right;">4</p>	<p>Waffles & Sausage or Breakfast Sandwich Potato Medley Spinach Salad</p> <p style="text-align: right;">5</p>
	<p>Mozzarella Sticks Seasoned Rotini Marinara Sauce from Local Tomatoes  Garden Green Peas</p> <p style="text-align: right;">8</p>	<p>Boneless Chicken Wings Corn Bread  Roasted Potatoes Carrots & Celery</p> <p style="text-align: right;">9</p>	<p> Beef Tacos Fluffy Brown Rice Steamed Corn  Mexican Bean Salad Assorted Toppings</p> <p style="text-align: right;">10</p>	<p><u>Build Your Own Sub</u> Selection of Boar's Head Meats & Cheeses  Tuscan Vegetable Soup Side Salad</p> <p style="text-align: right;">11</p>	<p>Crispy Chicken Sandwich Special Sauce/Toppings Sidewinder Fries Caesar Salad</p> <p style="text-align: right;">12</p>
	<p>Grilled Cheese Tomato Soup Baked Beans Carrots & Celery</p> <p style="text-align: right;">15</p>	<p><u>National Guacamole Day</u>  Macho Nachos Rice & Corn  Seasoned Black Beans House Made Guacamole</p> <p style="text-align: right;">16</p>	<p><u>Pasta Bar</u> Meatballs, Chicken Alfredo or Marinara over Penne Garlic Bread Steamed Green Beans Caesar Salad</p> <p style="text-align: right;">17</p>	<p><u>National Cheeseburger Day</u>  Kilcoyne Beef Burger Bacon, Plain or Veggie Oven Baked Fries  Cucumber Salad</p> <p style="text-align: right;">18</p>	<p>French Toast or Bagel w/ Cream Cheese Sausage Links Hash Brown</p> <p style="text-align: right;">19</p>
	<p>Mac & Cheese Bar w/ Assorted Toppings Dinner Roll Garden Green Peas Baby Carrots</p> <p style="text-align: right;">22</p>	<p>Popcorn Chicken Buttermilk Biscuit Mashed Potatoes Gravy Steamed Corn</p> <p style="text-align: right;">23</p>	<p>SUPER SUB Italian or Shaved Turkey on Homemade Bread Veggie Sticks Orzo Salad</p> <p style="text-align: right;">24</p>	<p><u>National Quesadilla Day!</u> Assorted Quesadillas Spanish Rice, Corn Kickin' Pinto Beans</p> <p style="text-align: right;">25</p>	<p>Buffalo Chicken Dip with Tortilla Chips or Chicken Caesar Wrap Carrots & Celery</p> <p style="text-align: right;">26</p>
	<p>Crispy Chicken Tenders Buttermilk Biscuit Curly Fries Caesar Salad</p> <p style="text-align: right;">29</p>	<p>Oven Roasted Chicken or Meatloaf   Corn on the Cob Baked Beans Corn Bread</p> <p style="text-align: right;">30</p>	<p>Proudly serving local New York State beef from Hudson Falls, NY</p> <p style="text-align: center;"></p>	<p>Only whole muscle chicken products with no added soy or fillers!</p> <p style="text-align: center;"></p>	<p>Visit linqconnect.com to add money to student accounts or complete the voluntary income survey</p> <p style="text-align: right;"></p>