





















## September 2025 UPK Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch is FREE</b> for all students!	  1	<b>Superintendent's Conference Day</b>  2	<b>Superintendent's Conference Day</b>  3	<b>Welcome Back!</b> Popcorn Chicken w/ Biscuit <b>or</b> Turkey Sandwich Mashed Potatoes/Gravy  4	Cheese Pizza <b>or</b> Ham Sandwich  Caesar Salad Broccoli  5
  8	Boneless Chicken Wings Homemade Cornbread <b>or</b> Turkey Sandwich French Fries  8	Italian Dunkers Marinara Sauce <b>or</b> Ham Sandwich  NYS Green Beans  9	Waffles with Sausage <b>or</b> Bacon Egg & Cheese on a Bagel Rainbow Potato Medley  NY Grape Juice  10	 Cheeseburger <b>or</b> Hot Dog on a Bun Baked Beans  Roasted Potatoes  Watermelon  11	Cheese Pizza <b>or</b> Ham/Cheese Bagel Melt  Veggie Sticks w/ Dip  12
<b>Available With All Meals</b> Seasonal Fresh and/or Canned Fruit Stewart's White Milk	Pasta & Meat Sauce  Fresh Baked Bread <b>or</b> Turkey Sandwich  NYS Green Beans  15	<b>National Guacamole Day</b>  Beef Tacos <b>or</b> Ham Sandwich Steamed Rice, Corn Homemade Guacamole  16	Mozzarella Sticks Seasoned Rotini Marinara Sauce <b>or</b> Turkey Sandwich Broccoli  17	Crispy Chicken Sandwich <b>or</b> Ham Sandwich  Roasted Potatoes  18	Cheese Pizza <b>or</b> Meatball Sub Baby Carrots  19
<b>We love local!</b> We partner with a number of local farms Look for the  designating local products from within New York state.	Macaroni & Cheese Sausage Links Fresh Baked Bread <b>or</b> Turkey Sandwich  NYS Green Peas  22	 Beef & Cheese Nachos Steamed Rice <b>or</b> Ham Sandwich Corn  23	Popcorn Chicken w/ Biscuit <b>or</b> Turkey Sandwich Mashed Potatoes/Gravy  NYS Kale Chips  24	French Toast <b>or</b> Bagel w/ Cream Cheese Sausage Links Hash Brown  25	Cheese Pizza <b>or</b>  Buffalo Chicken Dip w/ Tortilla Chips Veggie Sticks w/ Dip  26
Questions? Contact Food Service Director Sarah Keen at <a href="mailto:keens@schuylerville.org">keens@schuylerville.org</a>	Crispy Chicken Tenders Homemade Cornbread <b>or</b> Turkey Sandwich French Fries  29	Grilled Cheese <b>or</b> Ham Sandwich Baked Beans  30	Proudly serving local New York State beef from Hudson Falls, NY  	<b>Only whole muscle chicken</b> products with no added soy or fillers!  	Visit <a href="http://linqconnect.com">linqconnect.com</a> to add money to student accounts or complete the voluntary income survey  