

OCTOBER 2021

Elementary School Base Menu

Monday
Tuesday
Wednesday
Thursday
Friday


Chicken Patty on WG Bun
Steamed Carrots
Assorted Fruit
NYS Apple
NYS Milk

NYS Cheeseburger
Sweet Potato Fries
Fresh Pear
NYS Milk

Cheesy Macaroni and Cheese
Broccoli
Fruit of the Day
NYS Milk

French Toast Sticks
Hash Brown
Turkey Sausage
NYS Apple
NYS Milk

Pizza (Choice of: Cheese or Turkey Pepperoni)
Fresh Veggie & Dip
NYS Milk

Pizza (Choice of: Cheese or Turkey Pepperoni)
Fresh Veggie & Dip
Fruit of the Day
NYS Milk

Columbus Day
No School

Mozzarella Sticks with Sauce
Garlic Roll
Assorted Vegetable
Assorted Fruit
NYS Milk

Loaded Nachos
Nacho Cheese, Salsa
Black Beans & Corn
Fruit of the Day
NYS Milk

NYS Cheddar Burger
Lettuce & Tomato
NYS French Fries
NYS Apple
NYS Milk
NYS THURSDAY

Pizza (Choice of: Cheese or Turkey Pepperoni)
Fresh Veggie & Dip
NYS Milk

Popcorn Chicken Bowl
Mashed Potatoes & Gravy
Corn
NYS Apple
NYS Milk

Baked Ziti
Garlic Breadstick
Broccoli
Fruit of the Day
NYS Milk

Warm Ham & Cheese on a Bagel
Fresh Veggie
Assorted Fruit
NYS Milk
Turkey Ham Used

NYS 100% Beef Hot Dog
NYS French Fries
Vegetable of the day
Fruit of the day
NYS Milk

Pizza (Choice of: Cheese or Turkey Pepperoni)
Fresh Veggie & Dip
Fruit of the Day
NYS Milk

Chicken Nuggets
Smiley Fries
Celery & Carrot Sticks Ranch
Assorted Fruit
NYS Milk

Cheese Quesadilla
Salsa
Black Beans and Corn
Assorted Fruit
NYS Milk

Halloween Soft Pretzel
Tomato Soup
NYS Cheese Stick
Fruit of the Day
NYS Milk

Sloppy Joe on WG Bun
Brown Rice
Vegetable of the Day
Assorted Fruit of the day
NYS Milk

Pizza (Choice of: Cheese or Turkey Pepperoni)
Fresh Veggie & Dip
NYS Milk

Our menus are pork-free



Breakfast Choices:

Bagel with Cream Cheese
Assorted Cereal
Whole Grain Muffin
Fruit: 100% Fruit Juice or Fruit of the Day
Choice of Milk

Alternate Lunch Options:

Hummus with Pita Chips & Vegetables (served with fruit, choice of milk)
Yogurt (served with granola bar, fruit/veg, choice of milk)
Chef Salad (served with dinner roll, fruit, choice of milk)
Sandwich of the Day (served with fruit/veg, choice of milk)

Sandwich of the Day:

Monday: Turkey & Cheese Wrap
Tuesday: Ham & Cheese Sub
Wednesday: Grilled Cheese
Thursday: Ham & Cheese on Pretzel Roll
Friday: Turkey & Cheese Sub
Sun butter & jelly sandwich available upon request

****Turkey products used for sandwiches****



Our food service department wants to prevent food waste! If there are any items in your school lunch that are prepackaged, remember to pack them up and save them for later. Cheese sticks, apples, Craisins, or fruit cups would be great for an afternoon snack!

October Menu Highlights:

Check out our **Halloween** inspired meals this month!

UPDATE: The USDA extended **FREE** meals to all students until June 2022. ****It remains important that families who believe they may qualify for the Free and Reduced Price Meal program submit an application. We want to be sure that all eligible families are enrolled in this program****



We are striving to support our New York State food producers. Items highlighted in green are NYS food products.

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