





SEPTEMBER 2023

WILLIAMSON HIGH SCHOOL



monday	tuesday	wednesday	thursday	friday
		6 Bacon cheeseburger <u>Sides:</u> Baked French Fries Assorted Veggies Assorted Fruit/Milk	7 NACHOS w/Cheese + Chili <u>or</u> Hot Dog on Bun <u>Sides:</u> Steamed Broccoli Assorted Fresh Veggies Assorted Fruit/Milk	8  Mark's PIZZA <u>or</u> Fresh wrap/salad <u>Sides:</u> Fresh Cut Veggies Assorted Fruit/Milk
11 Max Pizza sticks <u>or</u> Breaded pork chop <u>Sides:</u> Mashed Potato Green Beans Assorted Fruit/Milk	12 Chicken patty on bun (Plain or Spicy) <u>Sides:</u> Sweet Potato Fries Shredded Lettuce + Diced Tomato Assorted Fruit/Milk	13 Pancake B-Fast sandwich <u>or</u> Hot Dog on Bun <u>Sides:</u> Hash Brown Patty Fresh Carrot Sticks Assorted Fruit/Milk	14 Stuffed shells w/Breadstick <u>or</u> Mini corn dogs <u>Sides:</u> Golden Kernel Corn Steamed Rice Assorted Fruit/Milk	15 Assorted Pizza <u>or</u> Grilled cheese <u>Sides:</u> Soup of the Day w/Crackers Fresh Tossed Salad Assorted Fruit/Milk
18 Chicken nuggets w/dip <u>or</u> Hot Dog on Bun <u>Sides:</u> Creamy Mashed Potatoes Green Beans Assorted Fruit/Milk	19 Taco Tuesday! <u>Sides:</u> Rice, Beans, Refried Beans Shredded Lettuce+ Diced Tomato Assorted Fruit/Milk	20 French Toast w/sausage patty <u>Sides:</u> Hash Brown Patty Fresh Carrot Sticks Assorted Fruit/Milk	21 Pasta Day! Red sauce/Chicken Alfredo <u>Sides:</u> Breadstick Fresh Tossed Salad Assorted Fruit/Milk	22 Hot soft pretzel w/chili <u>or</u> Crispy fish sticks <u>Sides:</u> Steamed Broccoli Fresh Tossed Salad Assorted Fruit/Milk
25 Chicken Quesadilla w/sour cream/salsa <u>or</u> Pulled pork <u>Sides:</u> Sweet Whipped Yams Assorted Fresh Veggies Assorted Fruit/Milk	26 Marauder Biscuit <u>or</u> sausage w/Biscuits +Gravy <u>Sides:</u> Hash Brown Patty Assorted Fresh Veggies Assorted Fruit/Milk	27 Mozzarella sticks <u>or</u> Pork Parm <u>Sides:</u> Golden Kernel Corn Assorted Fresh Veggies Assorted Fruit/Milk	28 Buff. Chick Mac + Cheese/ Mac + Cheese w/Ham slice <u>or</u> Hot Dog on Bun <u>Sides:</u> Steamed Broccoli Assorted Fruit/Milk	29 Assorted Pizza <u>or</u> Grilled cheese <u>Sides:</u> Soup of the Day w/Crackers Fresh Tossed Salad Assorted Fruit/Milk

Alternative Entrée Choices (Offered Daily): Fruit + yogurt parfait, PB+J, Made to order Fresh Salads, Wraps

We offer a variety of fruits, vegetables and milk each day. Menus meet USDA meal pattern requirement for the NSLP. Every meal must contain either 1/2 cup fruit or 1/2 cup vegetable. Funds can be loaded onto your child's account online www.myschoolbucks.com or you may send cash or check (payable to Williamson School Lunch). Contact Tina VanStrien, Director of Food Service with any Food and/or Nutrition related questions or concerns. tvanstrien@williamsoncentral.org 315-589-9621 ext. 5. Menu Subject to Change. Williamson Central School District is an equal opportunity provider and employer.