






# OCTOBER 2023

Healthy School Nutrition



Mon	Tues	Wed	Thur	Fri
Your children may qualify for free meals or for reduced price meals! Please submit applications for free/reduced price meals for the 2023-24 school year. Applications are available online now!	Breakfast - Elementary \$2.00, Middle School \$2.25, and High School \$2.50 Lunch - Elm Drive \$3.25, Alden Place \$3.50 Middle School \$3.75, and High School \$4.00.  Students in New York State that are approved for reduced price meals will receive breakfast and lunch meals at no charge.			 <b>WALK, RUN, PLAY FOR 60 MINUTES A DAY</b>
2	3	4	5	6
Chicken Fajita with Flour Tortilla Salsa & Sour Cream Black Bean & Corn Salad Fruit  <i>Cereal/Hard Boiled Egg/Juice</i>	Hamburger/Cheeseburger on a Bun Crispy Fries Pickles Fruit  <i>Bagel with Cream Cheese/Fruit</i>	Pizza, Pizza Caesar Salad Fruit  <i>Pumpkin Muffin/String Cheese/Juice</i>	General Tso's Chicken Steamed Rice Mixed Asian Veggies Fruit  <i>Sausage/Egg/Cheese on a Roll/ Fruit</i>	Macho Nachos with Taco Filling Lettuce, Tomato, Cheese, Salsa Sour Cream Seasoned Rice Fruit  <i>Chef's Choice</i>
9	10	11	12	13
<b>Columbus Day</b> <b>No School for Students</b> 	<b>Superintendent's Conference Day</b> <b>No School for Students</b> 	Pizza, Pizza Caesar Salad Fruit  <i>Pumpkin Muffin/String Cheese/Juice</i>	Chicken Nuggets Seaoned Rice Glazed Carrots Fruit  <i>Sausage/Egg/Cheese on a Roll/ Fruit</i>	Parmesan Pizza Sticks Meatballs with Marinara Oven Roasted Broccoli Fruit  <i>Chef's Choice</i>
16	17	18	19	20
<b>MMS/MHS Bacon Cheeseburger on a Bun</b> <b>Elm/Alden Hot Dog on a Bun/Sauerkraut</b> Baked Beans Fruit  <i>Cereal/Hard Boiled Egg/Fruit</i>	Wedge of 3 Ft. Italian Combo Assorted Chips Veggie Sticks/Fruit  <i>Bagel with Cream Cheese/Fruit</i>	Pizza, Pizza Caesar Salad Fruit  <i>Pumpkin Muffin/String Cheese/Juice</i>	Chicken & Cheese Quesadilla Salsa & Sour Cream Seasoned Corn Fruit  <i>Sausage/Egg/Cheese on a Roll/ Fruit</i>	Popcorn Chicken WG Dinner Roll Seasoned Broccoli Fruit  <i>Chef's Choice</i>
23	24	25	26	27
BBQ Pulled Pork Sliders Macaroni & Cheese Creamy Cole Slaw Fruit  <i>Cereal/Hard Boiled Egg/Fruit</i>	Tacos with Beef & Bean Taco Filling Lettuce, Tomato, Shredded Cheese Salsa & Sour Cream, Seasoned Rice Fruit  <i>Bagel with Cream Cheese/Fruit</i>	Pizza, Pizza Caesar Salad Fruit  <i>Pumpkin Muffin/String Cheese/Juice</i>	Hamburger/Cheeseburger on a Bun Pickle Slices Crinkle Fries Fruit  <i>Sausage/Egg/Cheese on a Roll/ Fruit</i>	Homemade Pizza Antipasto Salad Fruit  <i>Chef's Choice</i>
30	31			
Chicken Wafflewich Mashed Potatoes with Gravy Steamed Carrots  <i>Cereal/Hard Boiled Egg/Fruit</i>	<b>Happy Halloween</b> Witches Brew Tomato Soup Goulish Grilled Cheese on Whole Wheat Veggie Fingers/Fruit  <i>Bagel with Cream Cheese/Fruit</i>	<b>STRIVE FOR 5 A DAY</b> 	<b>AvaSmart Snacks for Purchase Daily</b> Freshly Baked Cookies .50 Ice Cream 1.25 Chips 1.00 Drinks 1.25	<b>Meal Options Available Daily :</b> <b>Salads</b> <b>Sandwiches</b> <b>Yogurt Meal</b>