



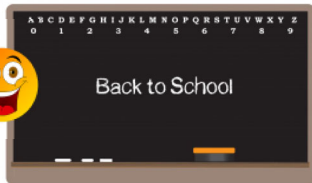



SEPTEMBER 2023



Mon	Tues	Wed	Thur	Fri										
<p>Your children may qualify for free meals or for reduced price meals!</p> <p>Please submit applications for free/reduced price meals for the 2023-24 school year.</p> <p>Applications are available online now!</p>	<p>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.</p> <p>Students in New York State that are approved for reduced price meals will receive breakfast and lunch meals at no charge.</p>													
		6	7	8										
	<p>WALK, RUN, PLAY FOR 60 MINUTES A DAY</p> 	<p>Pizza, Pizza</p> <p>Caesar Salad</p> <p>Fruit</p> <p><i>Mini Pancakes w/ syrup/Juice</i></p>	<p>Chicken Patty on a Bun</p> <p>Mac & Cheese</p> <p>Vegetarian Beans</p> <p>Fruit</p> <p><i>Yogurt w/ granola/muffin/fruit</i></p>	<p>Mozzarella Sticks w/ Marinara</p> <p>Meatballs</p> <p>Broccoli</p> <p>Fruit</p> <p><i>Chef's Choice</i></p>										
11	12	13	14	15										
<p>Popcorn Chicken</p> <p>Buttermilk Biscuit</p> <p>Baked Beans</p> <p>Fruit</p> <p><i>Cereal/String Cheese/Fruit</i></p>	<p>Pulled Pork Taco w/ Flour Tortilla Wrap</p> <p>Cilantro Lime Rice</p> <p>Shredded Cheese,Salsa & Sour Cream</p> <p>Fruit</p> <p><i>Cinnamini/Hard Boiled Egg/Fruit</i></p>	<p>Pizza, Pizza</p> <p>Caesar Salad</p> <p>Fruit</p> <p><i>Mini Pancakes w/ syrup/Juice</i></p>	<p>Hamburger/Cheeseburger on a Bun</p> <p>Pickle Slices</p> <p>Tater Tots</p> <p>Fruit</p> <p><i>Yogurt w/ granola/muffin/fruit</i></p>	<p>General Tso's Chicken</p> <p>Steamed Rice</p> <p>Carrots</p> <p>Fruit</p> <p><i>Chef's Choice</i></p>										
18	19	20	21	22										
<p>NY Style Ground Beef CheeseSteak</p> <p>Club Roll</p> <p>Curly Fries</p> <p>Fruit</p> <p><i>Cereal/String Cheese/Fruit</i></p>	<p>Chicken Fajita with Flour Tortilla</p> <p>Mexican Rice</p> <p>Shredded Cheese,Salsa & Sour Cream</p> <p>Seasoned Corn</p> <p><i>Cinnamini/Hard Boiled Egg/Fruit</i></p>	<p>Pizza, Pizza</p> <p>Caesar Salad</p> <p>Fruit</p> <p><i>Mini Pancakes w/ syrup/Juice</i></p>	<p>Baked Ziti</p> <p>Italian Sausage Marinara</p> <p>Broccoli</p> <p>Fruit</p> <p><i>Yogurt w/ granola/muffin/fruit</i></p>	<p>Popcorn Chicken</p> <p>WG Dinner Roll</p> <p>Vegetarian Beans</p> <p>Fruit</p> <p><i>Chef's Choice</i></p>										
25	26	27	28	29										
<p>Bacon, Egg & Cheese on a Roll</p> <p>Hash Browns</p> <p>Fruit</p> <p><i>Cereal/String Cheese/Fruit</i></p>	<p>Tacos with Taco Filling</p> <p>Lettuce, Tomato, Shredded Cheese</p> <p>Salsa & Sour Cream, Seasoned Rice</p> <p>Fruit</p> <p><i>Cinnamini/Hard Boiled Egg/Fruit</i></p>	<p>Pizza, Pizza</p> <p>Caesar Salad</p> <p>Fruit</p> <p><i>Mini Pancakes w/ syrup/Juice</i></p>	<p>Chicken & Vegetables with Gravy</p> <p>Mashed Potatoes</p> <p>Cornbread</p> <p>Fruit</p> <p><i>Yogurt w/ granola/muffin/fruit</i></p>	<p>MHS/MMS Chicken Patty on a Bun</p> <p>Alden/Elm Homemade Flatbread Pizza</p> <p>Antipasto Salad</p> <p>Fruit</p> <p><i>Chef's Choice</i></p>										
  		<p>STRIVE FOR 5 A DAY</p> 			<p>Smart Snacks for Purchase Daily</p> <table><tr><td>Freshly Baked Cookies</td><td>.50</td></tr><tr><td>Ice Cream</td><td>1.25</td></tr><tr><td>Chips</td><td>1.00</td></tr><tr><td>Drinks</td><td>1.25</td></tr></table>	Freshly Baked Cookies	.50	Ice Cream	1.25	Chips	1.00	Drinks	1.25	<p>Meals Available Daily :</p> <p>Salads</p> <p>Sandwiches</p> <p>Yogurt Meal</p>
Freshly Baked Cookies	.50													
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