



This institution is an equal opportunity provider

NOVEMBER 2023

Ticonderoga Central Schools

All student lunches comes with variety of milk, fresh fruit and vegetable, whole grain and protein.
How do you make your tray each lunch you ask?
Milk, a whole grain and ¼ cup fruit of vegetable.

Monday

Tuesday

Wednesday

Thursday

Friday



6

Pizza Bagels
Fresh garden salad
Assortment of Fruits
Sandwich of choice & Soup

7

Hard or Soft shell
Turkey Taco
Rice, Corn
Lettuce, salsa, cheese, sc
Assortment of fruits
Sandwich of choice & Soup

8

Twisted Chicken Alfredo
Steamed Broccoli
Garlic Roll
Assortment of fruits
Sandwich of choice & soup

9

Pepperoni or cheese
Pizza
Caesar Salad
Pudding and cream
Assorted fruit

10

No School
Thank a veteran today,
They deserve it!

13

French toast
Sausage Links
Assortment of fruits
Sandwich of choice & Soup

14

Chicken Fajita
Cheese, salsa
Steamed rice & Corn
Assortment of Fruits
Sandwich of choice & Soup

15

Roasted chicken leg
Mashed potato
Broccoli and Ranch
Assortment of fruits
Sandwich of choice & soup

16

Turkey Gravy
Stuffing & Mashed Potato
Corn, Cupped Cranberry sauce
Apple Cobbler and cream
Assortment of fruits
Sandwich of choice & Soup

17

Pepperoni or cheese
Pizza
Caesar Salad
Orange jello and cream
Assorted fruit

20

Chicken patty
Wg roll, tomato soup with goldfish,
Green Beans
Assortment of fruits
Tuna sandwich

21

No School For students
Teacher Conference Day

22

No
School
Holiday break

23

No
School
Holiday Break

24

No
School
Holiday Break

27

Garlic cheese sticks
Warm Marinara
Fresh Romaine Salad
Assortment of fruits
Sandwich of choice & Soup

28

Chicken and waffles
Fresh fruit salad
Assortment of fruits
Sandwich choice & soup

29

General Tso chicken
Basmati rice
Roasted Carrots
Dinner Roll
Assortment of fruits
Sandwich choice & Soup

30

Mac & Cheese bites
Roasted Zucchini
Dinner Roll
Assortment of fruits
Sandwich of choice & soup



If you have an allergy please notify us

Our schools always have a soup and sandwich option
High School serves an ala carte item each day along with assorted salad and sandwich
Menu Subject to change without notice

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