



NYS Apples
NYS Cauliflower
NYS Kale
NYS Broccoli
NYS Bell Peppers

October 2024

4 & 5



Lunch IROQUOIS



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tostitos Nachos Grande Sour Cream & Salsa Baked Beans 1/2c Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	2 Macaroni & Cheese Broccoli 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	3 Loaded French Fries Taco Meat & Cheese NYS Bell Peppers 3/4c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	4 Mozzarella Sticks Dipping Sauce on Side Steamed Carrots 3/4c Romaine Salad 1c = 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
7 Popcorn Chicken Over Rice Mixed Vegetables 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	8 Taco In a Bag Lettuce & Cheese Sour Cream & salsa Baked Beans 3/4 c Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	9 Grilled Cheese Sandwich 1 Steamed Carrots 3/4c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	10 Pizza Day!! Fresh Carrots 3/4c NYS Cauliflower 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	11 NO SCHOOL
14 No School	15 Set Your Sail Sea Dog (Hot Dog with Cheese) Broccoli 1/2c 1c Romaine Lettuce = 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	16 Maple Syrup Seas (Chicken Patty on Maple Flat Bread) Sweet Potatoes 1/2c Green Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	17 Peg Leg Pizza (Pizza Day!!) NYS Kale 1/2c Mixed Veggie's 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	18 Pirates Gold (Mac-n-Cheese) Carrot Sticks 1/2c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
21 Chicken Parm Sandwich On WG Roll Steamed Carrots 3/4c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	22 Taco Lettuce & Cheese Sour Cream & salsa Baked Beans 1/2c Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	23 Chicken Nuggets Roasted Potatoes 1/2c Fresh Carrots 3/4c Green Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	24 Grilled Cheese Sandwich 1 NYS Broccoli 1/2c 1c Romaine Lettuce = 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	25 Pasta and Meatballs Fresh Carrot sticks 3/4c Mixed Vegetables 3/4c NYS Pears 1/2c Milk-8oz
28 Popcorn Chicken Over Mashed Potatoes Corn 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	29 Chicken Quesadilla Sour Cream & Salsa Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	30 Cheeseburger On WG Roll Fresh Carrots 3/4c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	31 Walking Zombie Tacos Doritos, Taco Meat, Cheese Creepy Corn 1/2c Green Bean Fingers 1/2c Poison Apple 1/2c *EEK* Side Kick Frozen Juice = 1/2c Milk-8oz	

NYS LOCAL FOODS
*Upstate Farms
Milk, Yogurt, Sour Cream
Eden Valley Growers
Assorted Varieties of Apples
Eden Valley Growers
Assorted Fruits & Vegetables
used in Meal Program
highlighted in green

The Following Entrees Served Daily:

- Subs and Wraps (2M2G)
- Salads Made to Order (Includes Flatbread) 2M2G
- Peanut Butter & Jelly Sandwich (2M2G)
- Fruit & Yogurt Parfait w/Flatbread (2M2G)**
- Cheese or Pepperoni Pizza (2M2G)

Offered daily with all School Lunches:

- Fresh or Prepared Fruit (Must take 1/2 cup of Fruit or Vegetable - may take up to 1 cup)
- NY State 8oz 1% or Skim White Milk**
- Fat Free Chocolate Milk**

MY SCHOOLBUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

Happy Halloween

K-4 \$2.85
5-12 \$3.15

If your child has a particular food allergy, please contact the food vice office @ (716)652-3000/Ext 7701