



NYS Apples  
NYS Cauliflower  
NYS Kale  
NYS Broccoli  
NYS Bell Peppers

# October 2024

6-8



# Lunch IROQUOIS



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
|  | 1<br>Tostitos Nachos Grande<br>Sour Cream & Salsa<br><br>Baked Beans 1/2c<br>Corn 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>   | 2<br>Macaroni & Cheese<br><br>Broccoli 1/2c<br>Fresh Carrots 3/4c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>   | 3<br>Loaded French Fries<br>Taco Meat & Cheese<br><br>NYS Bell Peppers 3/4c<br>Fresh Carrots 3/4c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>  | 4<br>Mozzarella Sticks<br>Dipping Sauce on Side<br><br>Steamed Carrots 3/4c<br>Romaine Salad 1c = 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> |
| 7<br>Popcorn Chicken<br>Over Rice<br><br>Mixed Vegetables 1/2c<br>Fresh Carrots 3/4c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>        | 8<br>Taco In a Bag<br>Lettuce & Cheese<br>Sour Cream & salsa<br><br>Baked Beans 3/4 c<br>Corn 3/4c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>                                     | 9<br>Grilled Cheese<br>Sandwich 1<br><br>Steamed Carrots 3/4c<br>Peas 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>  | 10<br>Pizza Day!!<br><br>Fresh Carrots 3/4c<br>NYS Cauliflower 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>  | 11<br><b>NO</b><br><br><b>SCHOOL</b>  |
| 14<br><b>No</b>  | 15<br><b>Cannon Ball Canoes</b><br>(Meatballs and sauce with a Breadstick in a Boat)<br><br>Broccoli 1/2c<br>1c Romaine Lettuce = 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 16<br><b>Maple Syrup Seas</b><br>(Chicken Patty on Maple Flat Bread)<br><br>Sweet Potatoes 1/2c<br>Green Beans 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 17<br><b>Pasta Peninsula</b><br>(Pasta Bar)<br><br>NYS Kale 1/2c<br>Mixed Veggie's 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>  | 18<br><b>Pirates Gold</b><br>(Buffalo Mac-n-Cheese)<br><br>Carrot Sticks 1/2c<br>Peas 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>             |
| 21<br>Chicken Parm Sandwich<br>On WG Roll<br><br>Steamed Carrots 3/4c<br>Fresh Carrots 3/4c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 22<br>Beef Burrito<br>Lettuce & Cheese<br>Sour Cream & salsa<br><br>Baked Beans 1/2c<br>Corn 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>                                      | 23<br>Oven Roasted Chicken<br>Roasted Potatoes 1/2c<br><br>Fresh Carrots 3/4c<br>Green Beans 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>                   | 24<br>Grilled Cheese<br>Sandwich 1<br><br>NYS Broccoli 1/2c<br>1c Romaine Lettuce = 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>   | 25<br>Shaved Steak Sub<br><br>Fresh Carrot sticks 3/4c<br>Mixed Vegetables 3/4c<br>NYS Pears 1/2c<br><b>Milk-8oz</b>                                      |
| 28<br>General Tso's Chicken<br>Over Rice<br><br>Corn 1/2c<br>Fresh Carrots 3/4c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>             | 29<br>Chicken Quesadilla<br>Sour Cream & Salsa<br><br>Steamed Broccoli 3/4c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>  | 30<br>Cheeseburger On<br>WG Roll<br><br>Fresh Carrots 3/4c<br>Peas 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>   | 31<br><b>Walking Zombie Tacos</b><br>Doritos, Taco Meat, Cheese<br><br>Creepy Corn 1/2c<br>Green Bean Fingers 1/2c<br>Poison Apple 1/2c<br>'EEK' Side Kick Frozen Juice = 1/2c<br><b>Milk-8oz</b> |   |

**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:**  
  
6" 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 SCHOOL BUCKS** PAY FOR MEALS ONLINE  
MySchoolBucks.com

**Happy Halloween**

**Student \$3.15**  
**Adult \$5.10**

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