



NYS Apples  
NYS Cauliflower  
NYS Kale  
NYS Broccoli  
NYS Bell Peppers

# October 2024

UPK-3



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

- 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

Student \$2.85  
Adult \$5.10

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