


**OCTOBER 2024**  
**Stissing Mt Jr/Sr High School 6-12**

Meal Prices			
Breakfast:	No Charge	Reduced:	No Charge
Lunch:	No Charge	Reduced:	No Charge
Hudson Valley Fresh Milk: \$0.60			

	Monday	Tuesday	Wednesday	Thursday	Friday	<b>DID YOU KNOW?</b> <a href="https://myschoolbucks.com">MySchoolBucks.com</a> makes meal payment convenient and simple! Scan the code below to go to the website:  You can manage your student's account and make payments online.
<b>BREAKFAST:</b> Three Components Served Daily. Grain 2 oz. Fruit 1 cup Milk 8 oz. 400-600 Calories	<b>*CHOOSE A MEAL* BREAKFAST</b>					
	Upstate Yogurt Granola Cereal/Muffin Peaches Apple or Orange Juice HVF Milk	Hot Egg/Cheese Bagel Cereal/Muffin Orange Wedges Apple or Orange Juice HVF Milk	Waffle Wednesday Sausage Links Cereal/Muffin Fresh Apple Apple or Orange Juice HVF Milk	Breakfast Pizza Cereal/Muffin Fresh Banana Apple or Orange Juice HVF Milk	French Toast Cereal/Muffin Diced Pears Apple or Orange Juice HVF Milk	
<b>SANDWICH SHOP</b> Have your sandwich custom ordered!!  <b>SALADS GALORE</b> Check out our Salad Bar. Featuring a variety of Locally Grown items!!  **Salads include a whole grain.	<b>*CHOOSE A MEAL* LUNCH</b>					
	Everyday Vegetarian Option: Peanut Butter/Jelly or American Cheese Sandwich	01 Twin Taco Tuesday Cheese/Salsa Refried Beans Salad Bar Applesauce, HVF Milk	02 Egg and Cheese Croissant Buttered Carrots Salad Bar Diced Peaches HVF Milk	03 <b>Rosh Hashanah</b>	04 Cheese Pizza Buttered Corn Salad Bar Diced Pears HVF Milk	
<b>QUESTIONS/COMMENTS?</b> Please call Larry Anthony, FSD 518.398.7181ext. 1351	07 NY Cheeseburger w/Bun Dill Pickle French Fries Salad Bar Fruit Cocktail, HVF Milk	08 Twin Taco Tuesday Cheese/Salsa Refried Beans Salad Bar Applesauce, HVF Milk	09 Roast Chicken Steamed Rice Buttered NY Carrots Salad Bar Diced Peaches, HVF Milk	10 Meatball Parm Hero Roasted Broccoli Salad Bar Fruit Cocktail HVF Milk	11 Cheese Pizza Buttered Green. Beans Salad Bar Diced Pears HVF Milk	
	14 <b>Columbus Day</b>	15 All Beef Hot Dogs w/Bun Baked Beans Salad Bar NY Apple HVF Milk	16 Chicken Dumplings Steamed Rice Vegetable Egg Roll Salad Bar Fresh Pears, HVF Milk	17 Mac and Cheese Steamed Broccoli Salad Bar Orange Wedges HVF Milk	18 Cheese Pizza Steamed Carrots Salad Bar Fruit Cocktail HVF Milk	
	21 Mozzarella Sticks w/Sauce Buttered Carrots Salad Bar Diced Pears HVF Milk	22 NY All Beef Nachos Refried Beans, Salsa, Cheese Salad Bar Diced Peaches, HVF Milk	23 Pizza Crunchers Green Beans Salad Bar Fruit Cocktail HVF Milk	NY Thursday Happy Valley Beef Sauce NY Sfoglini Pasta NY Butternut Squash NY Salad Bar NY Apple, HVF Milk	25 Cheese Pizza Steamed Broccoli Salad Bar Fresh Banana HVF Milk	
	28 Egg and Cheese Croissant Buttered Carrots Salad Bar Diced Peaches HVF Milk	29 Veggie Cheeseburger w/Bun Chick Pea Salad Salad Bar Diced Pears HVF Milk	30 Chicken Empanada Baked Plantains Salad Bar Pineapple HVF Milk	31 Cheese Lasagna Roasted Broccoli Salad Bar Applesauce HVF Milk	Served Daily. Protein 2 oz Whole Grain 2 oz Vegetable 1 cup Fruit 1 cup Milk 8 oz 750-850 Calories	
					<b>Allergy Alerts!</b> Call for details. Some menu items may contain tree nuts and or seeds.  <b>WE ARE AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER!</b> Employment Opportunities Available!!	