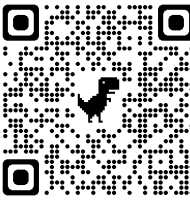


**OCTOBER 2024**  
**CS/SS Elementary PreK-5**

Menu 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="http://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>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!!!			
<b>BREAKFAST:</b> Three Components Served Daily. Grain 1 oz. Fruit 1/2 cup Low Fat Milk 8 oz. 350-500 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 HVF Milk				
<b>SANDWICH SHOP</b> Daily choice of  GRILLED CHICKEN TURKEY/CHEESE HAM/CHEESE TURKEY/HAM/CHEESE CHICKEN SALAD PEANUT BUTTER/JELLY AMERICAN CHEESE	<b>*CHOOSE A MEAL* LUNCH</b>								
	01 Twin Taco Tuesday Cheese/Salsa Refried Beans Salad Bar Applesauce, HVF Milk Day 2	02 Egg and Cheese Croissant Buttered Carrots Salad Bar Diced Peaches HVF Milk Day 3	03  Rosh Hashanah	04 Cheese Pizza Buttered Corn Salad Bar Diced Pears HVF Milk Day 4	07 NY Cheeseburger w/Bun Dill Pickle French Fries Salad Bar Fruit Cocktail, HVF Milk Day 5		08 Twin Taco Tuesday Cheese/Salsa Refried Beans Salad Bar Applesauce, HVF Milk Day 6	09 Roast Chicken Steamed Rice Buttered NY Carrots Salad Bar Diced Peaches, HVF Milk Day 1	10 Meatball Parm Hero Roasted Broccoli Salad Bar Fruit Cocktail HVF Milk Day 2
<b>SALADS GALORE</b>  MONDAY GRILLED CHICKEN  TUESDAY TURKEY  WEDNESDAY CHOPPED HAM/CHEESE  THURSDAY CHEF SALAD  FRIDAY CHICKEN CAESAR	14  Columbus Day	15 All Beef Hot Dogs w/Bun Baked Beans Salad Bar NY Apple, HVF Milk Day 4	16 Chicken Dumplings Steamed Rice Vegetable Egg Roll Salad Bar Fresh Pears, HVF Milk Day 5	17 Mac and Cheese Steamed Broccoli Salad Bar Orange Wedges HVF Milk Day 6	18 Cheese Pizza Steamed Carrots Salad Bar Fruit Cocktail HVF Milk Day 1				
	21 Mozzarella Sticks w/Sauce Buttered Carrots Salad Bar Diced Pears HVF Milk Day 2	22 NY All Beef Nachos Refried Beans, Salsa, Cheese Salad Bar Diced Peaches, HVF Milk Day 3	23 Pizza Crunchers Green Beans Salad Bar Fruit Cocktail HVF Milk Day 4	NY Thursday NY Beef Sauce NY Sfoglioni Pasta NY Butternut Squash NY Salad Bar NY Apple, HVF Milk Day 5	25 Cheese Pizza Steamed Broccoli Salad Bar Fresh Banana HVF Milk Day 6				
**Salads include a whole grain.  <b>QUESTIONS/COMMENTS?</b> Please call Larry Anthony, FSD 518.398.7181	28 Egg and Cheese Croissant Buttered Carrots Salad Bar Diced Peaches HVF Milk Day 1	29 Veggie Cheeseburger w/Bun Chick Pea Salad Salad Bar Diced Pears HVF Milk Day 2	30 Chicken Empanada Baked Plantains Salad Bar Pineapple HVF Milk Day 3	31 Cheese Lasagna Roasted Broccoli Salad Bar Applesauce HVF Milk Day 4	5 Components Served. Whole Grain 1 oz Protein 2oz Vegetable 1/2 cup Fruit 1/2 cup Milk 8 oz Calories 550-650				