

As part of the Community Eligibility Provision (CEP), we are pleased to announce that breakfast and lunch will be provided to all students at no charge. Please note that this applies to the first meal only. Any second meals will incur a charge. Enjoy your meals!

MENU

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OCTOBER
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9-12 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1	Taco Salad w/Chips (meat, cheese & lettuce) Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Rice Crispy	2 Crispy Chicken Tenders with assorted dipping sauces Corn Muffin Fresh Veggie w/Hummus	3 NO SCHOOL Rash Hashanah	4 Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Side Salad
7 Bistro Cheeseburger (plain, cheese or bacon) Seasoned Curly Fries Tortellini Pasta Salad Rainbow Pepper Sticks	8 Popcorn Chicken & Mashed Potato Bowl Yellow Corn Dinner Roll Fresh Veggie Cup w/Hummus	9 Beef Baracoa Tacos Sweet Potato Fries Tangy Cucumber Salad Choc Chip Cookie	10 Gen Tso Chicken Fried Rice & Veg Egg Roll Steamed Green Beans Fresh Grape Tomatoes	11 Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Side Salad
14 Columbus/Indigenous Peoples Day No School	15 Ultimate Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn Mango Peach Applesauce	16 Grilled Chicken Wrap (Buffalo or Caesar) French Fries Fresh Apple Fresh Veggie	17 National Pasta Day! Macaroni & Cheese Bar w/Buffalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes	18 Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Side Salad
21 Pulled Pork on a Kaiser Kettle Potato Chips Creamy Coleslaw Fresh Veggie Cup w/Dip	22 Chicken & Waffles Sweet Potato Fries 100% Juice Cup Syrup Cup	23 Sampler Platter (chick wings & mozz sticks) Pita Chips & Hummus Dip Fresh Veggies	24 Rotini w/Meat Sauce Garlic Texas Toast Peas & Carrots Warm Cinnamon Pears	25 Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Side Salad
28 BBQ Chicken Seasoned Waffle Fries Rainbow Pepper Sticks	29 Buffalo Chicken Dip w/tortilla chips Carrot & Celery Sticks Corn on the Cob Grape Juice Slushie	30 Tortellini Alfredo with Chicken Garlic Knot Roasted Broccoli Grape Tomatoes	31 BYO Burrito Bowl (rice, beans, protein, sides) Salsa & Sour Cream Guacamole, Olives, Jalapenos Halloween Dirt Pudding Cup	1

Harvest of the Month



View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change. Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

In collaboration with
CAPITAL REGION
BOCES
 SHARED FOOD SERVICE PROGRAM