




MENU

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OCTOBER
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FRESH FRUITS AND VEGETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Guava 1 	Snow Peas 2 	No school 3	Celery 4 
Fiji Apples 7 	Mesculin Mix 8 	Dragon Fruit 9 	Boston Bibb Lettuce 10 	Red Grapes 11 
No school 14	Honey Crisp Apples 15 	Red Leaf Lettuce 16 	Honey dew 17 	Heirloom Tomato 18 
Gold Kiwi Fruit 21 	Purple Asparagus 22 	Orange Crip Watermelon 23 	Romaine Lettuce 24 	Peaches 25 
Persimmon 28 	Cucumber 29 	Nectarine 30 	Rainbow Swiss Chard 31 	

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.

This institution is an equal opportunity employer.

MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

In collaboration with
CAPITAL REGION
BOCES
 SHARED FOOD SERVICE PROGRAM

