


OCTOBER 2024 LAMS 6-8

Meal Prices	
Breakfast: No Charge	Reduced: No Charge
Lunch: \$3.00	Reduced: No Charge
Hudson Valley Fresh Milk: \$0.60	

<p>BREAKFAST: Three Components Served Daily. Grain 1 oz. Fruit 1/2 cup Low Fat Milk 8 oz. Calories 400-550 SANDWICH SHOP DAILY SELECTIONS</p> <p>HAM/CHEESE TURKEY/CHEESE PEANUT BUTTER/JELLY</p> <p>SALADS GALORE</p> <p><u>MONDAY</u> GRILLED CHICKEN</p> <p><u>TUESDAY</u> TURKEY</p> <p><u>WEDNESDAY</u> CHOPPED HAM/CHEESE</p> <p><u>THURSDAY</u> CHEF SALAD</p> <p><u>FRIDAY</u> CHICKEN CAESAR</p> <p>**Salads include a whole grain.</p> <p>QUESTIONS/COMMENTS? Please call Larry Anthony, FSD 845.758.2241 ext. 38100</p>	Monday	Tuesday	Wednesday	Thursday	Friday	<p>DID YOU KNOW?</p> <p>MySchoolBucks.com makes meal payment convenient and simple! Scan the code below to go to the website:</p> <div style="text-align: center;">  </div> <p>You can manage your student's account and make payments online.</p> <p style="text-align: center;">Allergy Alerts!</p> <p>Call for details. Some menu items may contain tree nuts and or seeds.</p> <p style="text-align: center;">WE ARE AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER!</p> <p>Employment Opportunities Available!!! Free and Reduced Lunch Applications are available in your school office and on the school web page.</p>
	CHOOSE A MEAL BREAKFAST					
	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 Apple or Orange Juice HVF Milk	Breakfast Pizza Cereal/Muffin Fresh Banana Apple or Orange Juice HVF Milk	French Toast Cereal/Muffin Pears Apple or Orange Juice HVF Milk	
	LUNCH MENU					
	Everyday Vegetarian Option: Peanut Butter/Jelly Or American Cheese Sandwich	01 Tommy 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 Rosh Hashanah	04 Superintendent Conference Day	
	07 Declan's NY Cheeseburger w/Bun Dill Pickle French Fries Salad Bar Fruit Cocktail, HVF Milk	08 Tommy Twin Taco Tuesday Cheese/Salsa Refried Beans Salad Bar Applesauce HVF Milk	09 Lucy Makebish 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 Green Beans Salad Bar Diced Pears HVF Milk	
	14 Columbus Day	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 Mason's 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 Nachoes Refried Beans, Salsa, Cheese Salad Bar Diced Peaches, HVF Milk	23 Tristen's 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	<p>Served Daily: Protein 2 oz. Whole Grains 1 oz. Vegetables 1/2 cup Fruit 1/2 cup Milk 8 oz. Calories 600-700</p>	