

This is an equal opportunity employer

## Ticonderoga Central School

### Monday

**2**  
 Milk Variety  
 Canned fruit & Orange wedge  
 Steamed Carrots (1/4 c)  
 Fresh cucumber (1/4 c)  
 Chicken tenders (3oz)  
 French Fries (1/2 c)  
 Baked Beans (1/2 c)

**9**  
 Milk Variety  
 Canned fruit & Orange wedge  
 Steamed Carrots (1/2 c)  
 Fresh cucumber (1/2 c)  
 Chicken Patty on Wg Roll ) 3oz)  
 Smile Fries (1/2 cup)  
 Baked Beans (1/2 c)

**16**  
 Milk Variety  
 Canned fruit & Orange wedge  
 Steamed Carrots (1/2 c)  
 Fresh cucumber (1/2 c)  
 Hamburger on Wg roll (3 oz)  
 Tots (1/2 c)  
 Baked Beans (1/2 cup)

**23**  
 Milk Variety  
 Canned fruit & Orange wedge  
 Steamed Carrots (1/2 c)  
 Fresh cucumber (1/2 c)  
 Popcorn chicken (3 oz)  
 French fries (1/2 c)  
 Baked Beans (1/2 c)

**30**  
 Milk Variety  
 Canned fruit & Orange wedge  
 Steamed Carrots (1/2 c)  
 Fresh cucumber (1/2 c)  
 Hot dog with Michigan sauce ( 1 ea)  
 Ruffles  
 Baked Beans (1/2 c)

### Tuesday

**3**  
 Milk Variety  
 Canned Fruit & Apple Slices  
 Fresh Broccoli (1/2 c)  
 Steamed Corn (1/2 c)  
 Taco (3 oz)  
 Tuesday with toppings  
 Rice (1/2 cup)

**10**  
 Milk Variety  
 Canned Fruit & Apple Slices  
 Fresh Carrots (1/2 c)  
 Steamed Corn (1/2 c)  
 Chicken Gravy (4oz)  
 Mashed potato (1/2 c)  
 Dinner Roll (1 oz)

**17**  
 Milk Variety  
 Canned Fruit & Apple Slices  
 Fresh Broccoli (1/2 c)  
 Steamed Corn (1/2 c)  
 Popcorn chicken (3oz)  
 Mashed potato (1/2 c)  
 Chicken Gravy (2oz)

**24**  
 Milk Variety  
 Canned Fruit & Apple Slices  
 Fresh Broccoli (1/2 c)  
 Steamed Corn (1/2 c)  
 Taco (3 oz)  
 Tuesday with toppings  
 Rice (1/2 cup)

**31**  
 Milk Variety  
 Canned Fruit & Apple Slices  
 Fresh Broccoli (1/2 c)  
 Steamed Corn (1/2 c)  
 Turkey Gravy (4 oz)  
 Mashed potato (1/2 c)  
 Dinner Roll (1 oz)

### Wednesday

**4**  
 Milk Variety  
 Canned Fruit & Strawberries & Cream  
 Fresh carrot (1/4 c)  
 Steamed Green Bean (1/2 c)  
 Goulash (1 cup mix)  
 Garlic bread (2oz)

**11**  
 Milk Variety  
 Canned Fruit & Strawberries & Cream  
 Fresh carrot (1/4 c)  
 Steamed Green Bean (1/2 c)  
 Meatballs and sauce (4oz)  
 Rotini (1/2 c)  
 Garlic bread (2 oz)

**18**  
 Milk Variety  
 Canned Fruit & Strawberries & Cream  
 Fresh carrot (1/4 c)  
 Steamed Green Bean (1/2 c)  
 Dutch Waffle (3 oz)  
 sausage links (2 oz)  
 Hash Brown Patty (2 oz)

**25**  
 Milk Variety  
 Canned Fruit & Strawberries & Cream  
 Fresh carrot (1/4 c)  
 Steamed Green Bean (1/2 c)  
 Chicken Marinara over rotini (4 oz)  
 Garlic Bread (2 oz)

### Thursday

**5**  
 Milk Variety  
 Canned Fruit & Mandarin oranges  
 Fresh celery (1/4 c)  
 Steamed Broccoli (1/2 c)  
 Turkey sub sandwich (3 oz)  
 Whole grain chips  
 Pickles

**12**  
 Milk Variety  
 Canned Fruit & Mandarin oranges  
 Fresh celery (1/4 c)  
 Steamed Broccoli (1/2 c)  
 Fish Shapes (3 oz)  
 Buttered Rice (1/2 c)

**19**  
 Milk Variety  
 Canned Fruit & Mandarin oranges  
 Fresh celery (1/4 c)  
 Steamed Broccoli (1/2 c)  
 Turkey sub sandwich (3 oz)  
 Whole grain chips  
 Pickles

**26**  
 Milk Variety  
 Canned Fruit & Mandarin oranges  
 Fresh celery (1/4 c)  
 Steamed Broccoli (1/2 c)  
 Cheese filled bread stick (4 oz)  
 Caesar Salad 1 cup

### Friday

**6**  
 Milk Variety  
 Fruit Variety  
 Fresh carrots and celery (1/2 c)  
 Garden fresh salad (1 c)  
 Cheese Pizza (3 oz)  
 Pudding with Cream

**13**  
 Milk Variety  
 Fruit Variety  
 Fresh carrots and celery (1/2 c)  
 Garden fresh salad (1 c)  
 Cheese Pizza (3 oz)  
 Pudding with Cream

**20**  
 No School  
 Staff Development

**27**  
 Milk Variety  
 Fruit Variety  
 Fresh carrots and celery (1/2 c)  
 Garden fresh salad (1 c)  
 Cheese Pizza (3 oz)  
 Pudding with Cream

Do you have food allergies? Have a visit with our school nurses Mrs. Bush or Mrs. Bilow

Monday: PBJ &amp; Ham

Tuesday: PBJ &amp; Turkey

Wednesday: PBJ &amp; Tuna &amp; Egg Salad

Thursday: PBJ Bologna

Friday: Chef Choice