

Harvest of the Month
NYS Corn
& Tomatoes
September 23rd



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

6-12 BREAKFAST



SEPTEMBER

WELCOME BACK!

No School 7 	Supt. Conf Day No School 8	Bagel , Cream Cheese 9 Assorted Muffin Assorted Yogurt 1% Milk, Fruit, Fruit Smoothie	Bacon Egg Bites, Biscuit 10 Assorted Muffin Assorted Pop Tart 1% Milk, Fruit	Baked Cinnamon Roll 11 Muffins, String Cheese, 1% Milk, Fruit, Tropical Fruit Smoothie
Sweet Bread Slice, 14 Assorted Muffin String Cheese 1% Milk, Fruit	Maple Pancake 15 Chicken Sausage Assorted Cereal 1% Milk, Fruit	Bagel , Cream Cheese 16 Assorted Muffin Assorted Yogurt 1% Milk, Fruit, Fruit Smoothie	Breakfast Egg & Cheese 17 Assorted Muffin, Assorted Pop tart 1% Milk, Fruit	Fresh Baked Donuts Assorted 18 Muffin String Cheese 1% Milk, Fruit, Tropical Fruit Smoothie
No School 21 Yam Kippur	Croissant Egg cheese 22 Sandwich Assorted Muffin Assorted Pop tart, 1% Milk, Fruit	Bagel , Cream Cheese 23 Assorted Muffin Assorted Yogurt  1% Milk, Fruit, Fruit Smoothie	Bacon Egg Bites, Biscuit 24 Assorted Muffin Assorted Pop Tart 1% Milk, Fruit	Baked Cinnamon Roll 25 Muffins, String Cheese, 1% Milk, Fruit, Tropical Fruit Smoothie
Sweet Bread Slice, 28 Assorted Muffin String Cheese 1% Milk, Fruit	Maple Pancake 29 Chicken Sausage Assorted Cereal 1% Milk, Fruit	Bagel , Cream Cheese 30 Assorted Muffin Assorted Yogurt 1% Milk, Fruit, Fruit Smoothie		

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 white or flavored milk.

In collaboration with
CAPITAL REGION
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SHARED FOOD SERVICE PROGRAM



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