

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

9-12 LUNCH



SEPT
EMBER

WELCOME BACK!

No School 7 	Supt. Conf Day No School 8	Chicken Wing Basket Crispy Potato Wedges Broccoli Florets NY Apple Pie 9	Gen Tso Chicken 10 Fried Rice & Veg Egg Roll Stir Fry Vegetables Fresh Grape Tomatoes Fortune Cookie	Pizza Slice 11 (Cheese or Pepperoni) Steamed Green Beans Caesar Side Salad
Crispy Chicken Tenders 14 with assorted dipping sauces Seasoned Curly Fries Tortellini Pasta Salad Fresh Veggie w/ Hummus	Cheesy Chicken Tinga 15 Quesadillas Salsa, Sour Cream Mexican Street Corn Salad Rainbow Pepper Sticks Mango Peach Applesauce	Bistro Cheeseburger 16 (plain, cheese or bacon) NY Breaded Onion Rings Tangy Cucumber Salad Baby Carrots Tropical Kiwi Fruit Salad	Macaroni & Cheese Bar 17 W/BBQ Seasoned Chicken Garlic Breadstick Parmesan Peas Fresh Grape Tomatoes	Pizza Slice 18 (Cheese or Pepperoni) NY Peas & Carrots Garden Side Salad
No School 21 Yam Kippur	Breakfast for Lunch 22 (Chicken Drumstick & NY Sunrise Waffles) Home Fries Roasted Peppers & Onions NY Apple Juice Cup & Syrup	BBQ Pulled Pork or 23 Maple BBQ Pulled Chicken on Kaiser Au Gratin Potatoes Corn on the Cob & Grape Tomatoes Chocolate Chip Cookie	Teriyaki Chicken 24 Vegetable Fried Rice Chicken & Vegetable Dumplings Sesame Broccoli Tangy Ginger Edamame Salad Fortune Cookie	Pizza Slice 25 (Cheese or Pepperoni) Cinnamon Chili Sweet Potatoes Caesar Side Salad
Popcorn Chicken Bowl 28 Dinner Roll Sweet Yellow Corn Fresh Veggie w/Hummus NY Grape Juice Slushie	Build Your Own Burrito 29 w/Cilantro Lime Rice Guacamole, Black Olives, Jalapenos Salsa, Sour Cream Veggie Pinto Beans Rainbow Pepper Sticks	Crispy Chicken Sandwich 30 on Brioche Roll Special Sauce Lettuce, Tomato, Onion, & Pickles Seasoned Waffle Fries Cucumber & Tomato Salad		

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.

linqconnect.com

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

In collaboration with
CAPITAL REGION
BOCES
SHARED FOOD SERVICE PROGRAM

