

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 Sandwich Assorted Cereal 1% Milk, Fruit	Bagel , Cream Cheese 16 Assorted Muffin Assorted Yogurt 1% Milk, Fruit, Fruit Smoothie	Breakfast Egg & Cheese 17 Sandwich, Assorted Muffin, Assorted Pop tart 1% Milk, Fruit	Fresh Baked Donuts, 18 Assorted Muffin String Cheese 1% Milk, Fruit Tropical Fruit Smoothie
No School 21 Yam Kippur	Maple Pancake Sausage 22 Sandwich Bagel w Cream Cheese Assorted Muffin, 1% Milk, Fruit	Fruit Smoothie 23 Assorted Muffin, Sweet Slice Breads, Assorted Yogurt cup 1% Milk, Fruit,	Breakfast Egg & Cheese 24 Sandwich, Mini Pancakes Assorted Pop Tart 1% Milk, Fruit	Fresh Baked Donuts 25 Egg & Cheese Breakfast Roll 1% Milk, Fruit, Tropical Fruit Smoothie
Assorted Waffles 28 Assorted Muffin Sweet Breads Slice 1% Milk, Fruit	Maple Pancake Sausage 29 Sandwich Bagel w Cream Cheese Assorted Muffin, 1% Milk, Fruit	Fruit Smoothie 30 Assorted Muffin, Sweet Slice Breads, Assorted Yogurt cup 1% Milk, Fruit,		

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
BOCES
SHARED FOOD SERVICE PROGRAM



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