MENU

PK-5 LUNCH

Harvest of the Month
NYS
Tomatoes
September 23rd

Harvest of the Month

SEPTEMBER

	1	2	3	4
7 **Labor Day** **No School**	8 **Cheeseburger** Sweet Potato Wedges Rainbow Pepper Sticks Seasonal Fruit Salad	9 **Boneless Chicken Wing & Mozzarella Stick Basket** Crinkle Cut Fries Marinara Sauce Cup Veggie Cup/Side Salad	10 **Macaroni & Cheese w/Kielbasa Bites** Garlic Breadstick Honey Ginger Green Beans Grape Tomatoes	11 **Cheese Pizza** Steamed Yellow Corn Fresh Veggie w/ Hummus Cinnamon Applesauce Cup
14 **Chicken Nuggets** Dinner Roll Ranch Mashed Potatoes s Yellow Corn Honey Glazed Carrots	15 **Soft Tacos** **(beef, cheese, lettuce)** Salsa & Sour Cream Cilantro Lime Rice Veggie Pinto Beans	16 **Cheesy Breadsticks w/Marinara Sauce** Steamed Broccoli Rainbow Pepper Sticks	17 **Cherry Blossom Chicken** Fried Rice Roasted Broccoli Fortune Cookie	18 **Cheese Pizza** NY Peas & Carrots Fresh Veggie w/Hummus Blue Raspberry Applesauce Cup
21 **No School**	22 **Grilled Cheese** **Southwest Chicken Soup** Cucumber Slices	23 **Meatball Sub with Shredded Mozzarella** Au Gratin Potatoes Grape Tomatoes	24 **Pasta with Meat Sauce** Warm Garlic Breadstick Parmesan Peas Side Salad	25 **Cheese Pizza** Pizza Green Beans Fresh Veggie w/ Hummus Mango Peach Applesauce Cup
28 **Crispy Chicken Tenders** Tortellini Pasta Salad Yellow Corn Grape Tomatoes	29 **Loaded Nachos** **(Beef)** Tex Mex Black Beans Chili Roasted Sweet Potatoes Salsa Cup & Sour Cream	30 **French Toast Sticks** Chicken Sausage Strawberry Spinach Salad NY Apple Juice Cup		

View Menus Online

linqconnect.com

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

MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

This institution is an equal opportunity provider.