MENU

6-12 LUNCH

Harvest of the Month

SEPTEMBER

	1	2	3	4
7 Labor Day No School	8 Bistro Burger (plain or cheese) NY Breaded Onion Rings Tangy Cucumber Salad Baby Carrots	9 Chicken Wing Basket Crispy Potato Wedges Broccoli Florets Tropical Kiwi Fruit Salad	10 Macaroni & Cheese Bar W/BBQ Seasoned Chicken Garlic Breadstick Parmesan Peas Fresh Grape Tomatoes	11 PizzaBoli Calzone Pizza Green Beans Caesar Side Salad
14 Crispy Chicken Tenders with assorted dipping sauces Seasoned Curly Fries Tortellini Pasta Salad Fresh Veggie w/ Ranch	15 Cheesy Chicken Tinga Quesadillas Salsa, Sour Cream Mexican Street Corn Salad Rainbow Pepper Sticks Mango Peach Applesauce	16 Meatball Hero with Mozzarella NY Peas & Carrots Garden Side Salad	17 Gen Tso Chicken Fried Rice & Veg Egg Roll Stir Fry Vegetables Fresh Grape Tomatoes Fortune Cookie	18 Ultimate Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Tex Mex Beans
21 No School	22 Breakfast for Lunch (Chicken Drumstick & NY Sunrise Waffles) Hashbrowns NY Apple Juice Cup & Syrup	23 BBQ Pulled Pork or Kaiser Au Gratin Potatoes Grape Tomatoes	24 Pasta with Meat Sauce Warm Garlic Breadstick Parmesan Peas Cucumber & Tomato Salad	25 Chicken or Cheese Enchiladas Cinnamon Chili Sweet Potatoes Caesar Side Salad
28 Popcorn Chicken Bowl Dinner Roll Sweet Yellow Corn Fresh Veggie w/Hummus	29 Build Your Own Burrito w/Cilantro Lime Rice Guacamole, Black Olives, Jalapenos Salsa, Sour Cream Veggie Pinto Beans Rainbow Pepper Sticks	30 Crispy Chicken Sandwich on Brioche Roll Special Sauce Lettuce, Tomato, Onion, & Pickles Seasoned Waffle Fries Cucumber & Tomato Salad		

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.