

**October 12th-16th is
National School Lunch Week**
Join us for a Cafeteria
CIRCUS!

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

K-8 LUNCH



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OCTOBER
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Harvest of the Month NY Apples October 14th



**Toasted Ham &
Cheese Croissant** 5
Assorted Yogurt w/ Granola
NYS String Cheese
Tomato & Corn Salad

French Toast Sticks 6
Cheese Egg Bite or
Turkey Sausage Links
Sweet Potato Bites
NY Apple Juice Cup

**Boneless Chicken Wing
& Mozzarella Stick Basket** 7
Crinkle Cut Fries
Marinara Sauce Cup
Veggie Cup/Side Salad

**Chicken & Veggie
Dumplings** 1
Oven Fried Rice
Crunchy Cabbage Salad
Fresh Mandarin Oranges
Fortune Cookie

**Personal Cheese
Pizza** 2
NY Steamed Peas & Carrots
Fresh Veggie w/ Hummus
Strawberry Applesauce Cup

**Macaroni & Cheese
w/Kielbasa Bites** 8
Garlic Breadstick
Honey Ginger Green Beans
Grape Tomatoes

Cheese Pizza 9
Steamed Yellow Corn
Fresh Veggie w/ Hummus
Cinnamon Applesauce Cup

No School 12
Columbus/Indigenous
Peoples Day

Soft Tacos 13
(beef or turkey,
cheese, lettuce)
Salsa & Sour Cream
Cilantro Lime/ Yellow Rice
Veggie Pinto Beans

Cheeseburger 14
Sweet Potato Wedges
Rainbow Pepper Sticks
Fresh NY Apples
or Juice

**Pineapple Teriyaki
Chicken** 15
Fried Rice
Broccoli & Cucumbers
Fortune Cookie

**NY Cheese Pizza
Bagel** 16
NY Peas & Carrots
Fresh Veggie w/Hummus
Blue Raspberry Applesauce Cup

**Cheesy Breadsticks
w/Marinara Sauce** 19
Steamed Broccoli
Rainbow Pepper Sticks
Mini Rice Crispy Treat

**Popcorn Chicken &
Waffles** 20
Emoji Fries
Cucumber Slices
Orange Juice & Syrup

**Oven Roasted
Chicken** 21
Au Gratin Potatoes
Grape Tomatoes
Chocolate Chip Cookie

**Rotini with Meat
Sauce** 22
Garlic Breadstick
Parmesan Peas
Side Salad

Cheese Pizza 23
Pizza Green Beans
Fresh Veggie w/ Hummus
Mango Peach Applesauce Cup

**Crispy Chicken
Tenders** 26
Tortellini Pasta Salad
Yellow Corn
Grape Tomatoes

**Loaded Nachos
(Turkey or Beef)** 27
Tex Mex Black Beans
Chili Roasted Sweet Potatoes
Salsa Cup & Sour Cream
NY Grape Slushie

**Mozzarella Pizza
Crunchers** 28
Roasted Broccoli
Rainbow Pepper Sticks
Warm Cinnamon Apples/Pears

**Crispy Chicken Patty
Sandwich** 29
Cheesy Garlic Potatoes
Steamed Mixed Vegetables
Baby Carrots w/ Ranch Dip

Mummy Dogs 30
Tomato Soup
Fresh Veggie w/Hummus
Dirt & Worms Pudding
Cup

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.

