

**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

UPK LUNCH



////////////////////
OCTOBER
////////////////////



Harvest of the Month NY Apples October 14th



Toasted Ham & Cheese Croissant 5
Assorted Yogurt w/ Granola
NYS String Cheese, Fruits
Tomato & Corn Salad, 1% Milk

French Toast Sticks 6
Turkey Sausage Links
Sweet Potato Bites
NY Apple Juice Cup
1% Milk

Boneless Chicken Wing & Mozzarella Stick Basket 7
Crinkle Cut Fries,
Marinara Sauce Cup
Fruits, 1% Milk

Chicken & Dumplings 1
Oven Fried Rice
Crunchy Cabbage Salad
Fresh Mandarin Oranges
Fortune Cookie
1% Milk

Personal Cheese Pizza 2
Fresh Veggie
Applesauce Cup
1% Milk

Macaroni & Cheese w/Kielbasa Bites 8
Garlic Breadstick
Grape Tomatoes, Fruits
1% Milk

Cheese Pizza 9
Fresh Veggie
Cinnamon Applesauce Cup
1% Milk

No School 12
Columbus/Indigenous
Peoples Day

Soft Tacos (Turkey) 13
Salsa & Sour Cream
Cilantro Lime/ Yellow Rice
Fruits,
Fresh Veggies 1% Milk

Cheeseburger 14
Sweet Potato Wedges
Rainbow Pepper Sticks
Fresh NY Apples
or Juice, 1% Milk

Pineapple Teriyaki Chicken 15
Fried Rice
Cucumbers, Fruits
1% Milk, Fortune Cookie

NY Cheese Pizza Bagel 16
Fresh Veggie
Blue Raspberry Applesauce Cup
1% Milk

Cheesy Breadsticks w/Marinara Sauce cup 19
Rainbow Pepper Sticks
Fruits, 1% Milk
Mini Rice Crispy Treat

Popcorn Chicken & Waffles & Syrup 20
Emoji Fries
Cucumber Slices
Orange Juice, 1% Milk

Oven Roasted Chicken 21
Au Gratin Potatoes
Grape Tomatoes, Fruits
1% Milk, Chocolate Chip Cookie

Rotini with Meat Sauce 22
Garlic Breadstick
Side Salad, Fruits
1% Milk

Cheese Pizza 23
Fresh Veggie
Mango Peach Applesauce Cup
1% Milk

Crispy Chicken Tenders 26
Tortellini Pasta Salad
Grape Tomatoes, Fruits
1% Milk

Loaded Nachos/ w Turkey 27
Salsa Cup & Sour Cream
Fresh Veggies
NY Grape Slushie
1% Milk

Mozzarella Pizza Crunchers 28
Rainbow Pepper Sticks
Warm Cinnamon Apples/Pears
1% Milk

Crispy Chicken Patty Sandwich 29
Baby Carrots w/ Ranch Dip
Fruits
1% Milk

Mummy Dogs 30
Fresh Veggie
Fruits, 1% Milk
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.

