

OCTOBER

ELEMENTARY LUNCH



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Daily Alternate Lunch Options: WG Bagel with String Cheese, Entrée Garden Salad w/ Crispy Chicken or Cheese Sandwiches: Sunbutter & Jelly, Cheese, Turkey w/wo Cheese, available Tues - Friday Available Daily and Offered with EVERY MEAL: NY Local Whole Apple; Clementines, 100% Fruit Juice Fresh Veggies w/Ranch –Baby Carrots, Cucumber Coins, Garden Side Salad Milk Choice, White 2%, Fat Free White or Fat Free Chocolate						1 Crispy Chicken Tenders or Vegetarian Nuggets Served with Yellow Rice Fiesta Black Beans Fresh Cut Melon & Raisins <i>~Emergency Dismissal Drill~</i>		2 Pizza Choice of Plain Cheese or Turkey Pepperoni Garden Side Salad Clementines Applesauce	
5 Cheesy Stuffed Bread Sticks served with Marinara Sauce Steamed Broccoli NY State Apple Raisins		6 Nachos! Turkey Taco Meat or Black Bean Served with Crispy Tortilla Chips Toppings: Shredded Cheddar & Salsa Elote Style Corn Fresh Pineapple & Applesauce		7 Chicken & Waffles Tenders or Vegetarian Nuggets Served with Waffle Sticks & Syrup Cinnamon Roasted Chickpeas Warm Apple Crisp 100% Fruit Juice		8 Grab & Go Lunch Bagel w/ String Cheese or Sunbutter & Jelly Baby Carrots NY Apple Slices & 100% Fruit Juice <i>~Elementary Early Dismissal~</i>		9 Cheese Pizza Bagel Cucumber Coins Toasted Pumpkin Seeds Clementines Applesauce	
12 Columbus Day Indigenous People’s Day SCHOOLS & OFFICES CLOSED		13 Grab & Go Lunch Bagel w/ String Cheese or Sunbutter & Jelly Baby Carrots NY Apple Slices & 100% Fruit Juice <i>~Elementary Early Dismissal~</i>		14 Pancake Bites w/ Syrup Turkey or Vegetarian Sausage Sweet Potato Fries NY Apple Slices & 100% Fruit Juice *National Dessert Day* Free Treat with each lunch!		15 NY State Pasta with Beef Meatballs in Marinara Split Top Dinner Roll Seasoned Steamed Broccoli Whole NY State Apple Raisins		16 Classic Pizza Slice Choice of Plain Cheese or Turkey Pepperoni Roasted Buffalo Cauliflower Clementines Applesauce	
19 Cheese Lasagna Roll Up Garlic Texas Toast Chickpea Salad NY State Apple Raisins		20 Beef or Veggie Burger With or without Cheese on WG Bun Toppings: Pickles, Ketchup Crispy Smile Fries Clementines & Applesauce		21 French Toast Sticks Turkey or Vegetarian Sausage Served with Syrup Maple Glazed Carrots Warm Apple Crisp 100% Fruit Juice		22 Mac & Cheese Whole Grain NY State Sfoglini Pasta in Cheddar Cheese Sauce Corn Bread Steamed Broccoli Whole NY State Apple & Raisins		23 Pizza Choice of Plain Cheese or Turkey Pepperoni Spinach Salad Fresh Grapes Applesauce	
26 Crispy Mozzarella Sticks served with Marinara Sauce NY Style Garlic Knot Seasoned Mixed Vegetables NY State Apple Raisins		27 Taco Tuesday! Crispy Tacos & Mexican Rice With Turkey Taco or Black Beans Toppings: Shredded Cheddar & Salsa Elote Style Corn Clementines & Applesauce		28 Chicken & Waffles Tenders or Vegetarian Nuggets Served with Waffle Sticks & Syrup Cinnamon Roasted Chickpeas NY State Apple Slices 100% Fruit Juice		29 Chicken Poppers or Vegetarian Nuggets Served with a Jack-O-Lantern Pretzel Seasoned Steamed Green Beans Whole NY State Apple Raisins		30 POOOKY French Bread Pizza Roasted Butternut Squash Orange Smiles Applesauce SAMPLES: Try It! Apple Cider *Happy Halloween*	