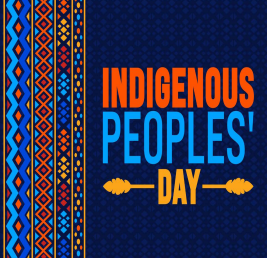


			Thu 1	Fri 2
Thank you to Metal House Cider at Rosemount Orchards for their donation of 8 bushels of locally grown apples!		Our nachos this month will feature locally sourced tortilla chips	Cheeseburger Alt-Veggie Burger Tater Tots Baby Carrots Bologna & Cheese Sandwich (alternate)	Whole Grain Stuffed Crust Pizza 3 Bean Salad Juice-Assorted Tuna Salad Sandwich (alternate)
Mon 5	Tue 6	Wed 7	Thu 8	Fri 9
Whole Grain Chicken Nuggets NYS Dinner Roll NYS Butternut Squash Ham & Cheese Sandwich (alternate)	Grilled Cheese Alt. Grilled Cheese w/Ham Tomato Soup New York State Green Beans Salami and Cheese Sandwich (alternate)	Meatballs w/Sauce New York State French Bread Edamame Bean Salad Egg Salad Sandwich (alternate)	Whole Grain Waffle Hash Brown Patty Sausage Patty Chicken Salad Sandwich (alternate)	Whole Grain Stuffed Crust Pizza Romaine & Kale Salad Juice-Assorted Turkey & Cheese Sandwich (alternate)
Mon 12	Tue 13	Wed 14	Thu 15	Fri 16
	Whole Grain Chicken Tenders Brown Rice Roasted Zucchini Hummus Wrap (alternate)	Whole Grain Mozzarella Sticks Marinara Sauce New York State French Bread Parmesan Broccoli Turkey Salad Sandwich (alternate)	Community FoodWorks Nachos w/Meat & Cheese Salsa Sour Cream pc Refried Beans New York State Corn Roast Beef & Cheese Sandwich (alternate)	Whole Grain Stuffed Crust Pizza Romaine Salad w/Ranch Dressing Juice-Assorted Bologna & Cheese Sandwich (alternate)
Mon 19	Tue 20	Wed 21	Thu 22	Fri 23
Sweet & Sour Chicken Steamed White Rice Seasoned Carrots Ham & Cheese Sandwich (alternate)	Macaroni and Cheese Chickpea Salad Pickled Beets Salami and Cheese Sandwich (alternate)	Whole Grain French Toast Sticks Hash Brown Patty Turkey Bacon Chicken Salad Sandwich (alternate)	Chicken & Cheese Quesadilla Alt-Bean & Cheese Quesadilla Lime Cilantro Rice Sofrito Black Bean Salad Tuna Salad Sandwich (alternate)	Whole Grain Stuffed Crust Pizza Spinach Salad Juice-Assorted Turkey & Cheese Sandwich (alternate)
Mon 26	Tue 27	Wed 28	Thu 29	Fri 30
Pancakes Hash Brown Patty Sausage Patty Hummus Wrap (alternate)	Whole Grain Mozzarella Sticks Marinara Sauce Garlic Bread Cucumber & Tomato Salad Turkey Salad Sandwich (alternate)	Grilled Cheese Alt. Grilled Cheese w/Ham Carrot & Apple Slaw Roast Beef & Cheese Sandwich (alternate)	Chicken Soft Taco Brown Rice Black Bean & Corn Salad Egg Salad Sandwich (alternate)	Whole Grain Stuffed Crust Pizza Romaine Salad w/Lite Italian Dressing Juice-Assorted Salami and Cheese Sandwich (alternate)

Fruit: Apple · Apple Juice 4oz Carton · Apple Slices-packaged · Applesauce · Banana · Blueberries-Frozen · Cantaloupe · Dried Cherries · Fruit Cocktail-Canned · Fruit Punch Juice 4 oz Carton · Grape Juice 4oz Carton · Honeydew Melon · Mixed Berries-Frozen · Orange · Orange Juice 4 oz carton · Peaches-Canned · Pear · Pears-Canned · Pineapple-Canned · Plums · Strawberries

Menu: Subject to Change · Allergen information for menu items is available

ALL Students: are eligible for breakfast & lunch daily at no cost

Condiments: BBQ Sauce-pc · Ketchup-pc · Mayo-pc · Mustard-pc · Honey Mustard · Ranch Dressing · Italian Dressing · Frank's Hot Sauce

Milk: 1% Milk · Chocolate Milk · Fat Free Milk · Milk-vvhole

HS Alternate Entrees: Chicken Cutlet Sandwich · Italian Combo (alternate) · Hamburger · Cheeseburger · Peanut Butter and Jelly Sandwich · Chicken & Cheese Wrap · Grilled Cheese · Ham & Cheese Bagel Melt-Secondary · Veggie Burger

Secondary Breakfast(\$0.00)

Secondary Lunch(\$0.00)

Milk(\$1.00)

View more: <http://schools.mealviewer.com/school/NewPaltzHighSchool>
USDA is an equal opportunity provider, employer, and lender.