

FEATURED LUNCH MENU - ALL SCHOOLS

Featured entrée, daily sides, fruit, milk choices, and Treats

**MEALS AT NO COST
FOR ALL STUDENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			October 1 BBQ Pulled Pork Sandwich on a Whole-Grain Bun ~41.9 g SIDES NY Rodeo Coleslaw ~5.7 g Cucumber Coins ~0.9–1.8 g FRUIT Fresh Banana ~17.1–34.3 g	October 2 NY Scratch Cheese Pizza - Petra 72-Hour Crust ~27–39 g SIDES NY Garden Salad ~9.6 g FRUIT Fresh NY Apple ~7.5–15.1 g TREAT Scratch Chocolate Brownie ~24.6–27.7 g
October 5 Chicken Nuggets ~13–18.2 g SIDES NY Maple Corn ~17.9–26.9 g Whole-Grain Roll ~27 g Grades 9–12 FRUIT Fresh NY Apple ~7.5–15.1 g	October 6 Special guests in our kitchens today! Culinary Institute of America students join the Pine Plains Food Service Team to help prepare our October 9 Harvest Hog Roast. NY Ground Beef & Cheese Tacos ~31.4 g SIDES NY Cilantro-Lime Yellow Rice ~24.7–49.4 g NY Cowboy Caviar ~17.2 g FRUIT Oranges with Chamoy & Chile-Lime Dust ~10.3–20.7 g	October 7 Huli Huli Chicken & NY Brown Rice ~29–52 g SIDES Sweet Chile Cucumbers ≤11.632 g upper limit FRUIT Fresh NY Pear ~10.7–21.3 g	October 8 Petra 72-Hour Cheese Pizza ~27–39 g SIDES Caesar Broccoli ~9.3–12.4 g FRUIT Fresh NY Apple ~7.5–15.1 g TREAT Scratch Chocolate Chip Cookie ~21.1 g	October 9 Apple & Fall-Herb Whole-Hog Roast nutrition pending SIDES Baked Campfire Beans ~19 g BBQ Corn Elotes ~8.5 g NY Baked Potato carb choices Rodeo Coleslaw ~4.6 g Cream Cheese & Sour Cream Cornbread ~21.3–42.6 g FRUIT Coal Roasted Cinnamon Apples ~10.1 g Grades K–5 Fresh NY Pear ~10.7–21.3 g Coal Roasted Cinnamon Apples — Foam Available (Grades 6–12) carb choices Grades 6–8, 9–12
October 12 Schools closed — no meal service	October 13 NY Beef Barbacoa Tacos ≤30.49 g upper limit SIDES NY Cilantro-Lime Yellow Rice ~24.7–49.4 g NY Cowboy Caviar ~17.2 g FRUIT Oranges with Chamoy & Chile-Lime Dust ~10.3–20.7 g	October 14 NY Chicken Pot Pie with a Golden Pastry Top ~28.8–40.6 g SIDES Brown-Butter Apple-Cider Green Beans ~6.3 g Garden Salad ~1.5–3 g FRUIT Fresh Orange ~10.3–20.7 g	October 15 Butternut Squash Mac & Cheese ~33–44 g SIDES Rainbow Sticks ~8.4–11.2 g White-Bean Dip ~12–24 g FRUIT Fresh NY Pear ~10.7–21.3 g	October 16 Petra 72-Hour Cheese Pizza ~27–39 g SIDES NY Garden Salad ~9.6 g FRUIT Fresh Grapes ~13.7–27.4 g TREAT Scratch Chocolate Brownie ~24.6–27.7 g
October 19 All-American Cheeseburger on a Whole-Grain Bun ~28 g SIDES Smiley Fries ~19.9 g FRUIT Fresh NY Apple ~7.5–15.1 g	October 20 NY Pulled Pork Tacos ~23.6 g SIDES NY Cilantro-Lime Yellow Rice ~24.7–49.4 g NY Cowboy Caviar ~17.2 g FRUIT Oranges with Chamoy & Chile-Lime Dust ~10.3–20.7 g	October 21 NY Shepherd's Pie with Silky Mashed Potatoes ~19.8–29.7 g SIDES Green Beans ~7.5–10 g FRUIT Fresh NY Apple ~7.5–15.1 g	October 22 General Tso's Chicken & NY Brown Rice ~27–50 g SIDES Sesame Edamame & Red Peppers ~13.2–17.6 g Ginger Cucumbers ~3.3–6.5 g FRUIT Fresh Orange ~10.3–20.7 g	October 23 Petra 72-Hour Cheese Pizza ~27–39 g SIDES NY Garden Salad ~9.6 g FRUIT Fresh NY Apple — Big Apple Crunch ~15.1 g TREAT Scratch Chocolate Chip Cookie ~21.1 g
October 26 Mini WG Chicken Corn Dogs ~26.4 g SIDES NY Maple Corn ~26.9–35.8 g FRUIT Fresh NY Apple ~7.5–15.1 g TREAT Dutch Waffle Funnel Cake 38 g	October 27 NY Mild Chile Pulled Chicken Tacos ~26.1 g SIDES NY Cilantro-Lime Yellow Rice ~24.7–49.4 g NY Cowboy Caviar ~17.2 g FRUIT Oranges with Chamoy & Chile-Lime Dust ~10.3–20.7 g	October 28 Woodles NY Ramen Bowl ~35–48 g SIDES Sesame Edamame & Red Peppers ~13.2–17.6 g Ginger Cucumbers ~3.3–6.5 g FRUIT Fresh Orange ~10.3–20.7 g	October 29 NY Beef Stew over Mashed Potatoes + Whole-Grain Roll ~47.5–85 g SIDES Rainbow Vegetable Sticks ~8.4–11.2 g White-Bean Dip ~12–24 g FRUIT Fresh NY Apple ~7.5–15.1 g	October 30 Spooky Petra 72-Hour Pizza ~28–40 g SIDES NY Garden Salad ~9.6 g FRUIT Spooky Fresh NY Apple ~7.5–15.1 g TREAT Scratch Chocolate Brownie ~24.6–27.7 g

Lunch milk choices and one-serving details1% white milk **12 g** • Fat-free white milk **12 g** • Fat-free chocolate milk • Whole white milk **11 g**

Flavored milk is limited to students age 6 and older; ages 2-5 receive unflavored milk. Menus may change based on availability.

Carbohydrates: grams (g). Ranges vary by grade and serving. Match the portion in Day details. Grade-specific choices are labeled.