Harvest of the Month
NY Dairy
November

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

NOVEMBER

2 **Meatball Sub** Au Gratin Potatoes Fresh Veggies, 1% Milk Chocolate Chip Cookie	**3** **No School** Supt Conference Day	**4** **Boneless Chicken Wing & Mozzarella Stick Basket** Crinkle Cut Fries Marinara Sauce Cup, 1% Milk Veggie Cup/Side Salad, Fruits	**5** **Macaroni & Cheese w/Kielbasa Bites** Garlic Breadstick Grape Tomatoes, Fruits 1% Milk	**6** **Cheese Pizza** Fresh Veggie w/ Hummus Cinnamon Applesauce Cup 1% Milk
9 **Chicken Nuggets** Dinner Roll Ranch/Cheesy Mashed Potatoes /Mashed Potatoes Carrots, Fruits 1% Milk	**10** **Soft Tacos** **(beef or turkey, cheese, lettuce)** Salsa & Sour Cream Cilantro Lime/ Yellow Rice Fresh Veggies, Fruits, 1% Milk	**11** **No School** 	**12** **Cherry Blossom Chicken** Fried Rice, Fruits Broccoli & Cucumbers Fortune Cookie, 1% Milk	**13** **NY Cheese Pizza Bagel** Fresh Veggie w/Hummus Blue Raspberry Applesauce Cup Fruits, 1% Milk
16 **Cheesy Breadsticks w/Marinara Sauce** Rainbow Pepper Sticks Mini Rice Crispy Treat Fruits, 1% Milk	**17** **Popcorn Chicken & Waffles** Emoji Fries Cucumber Slices, 1% Milk Orange Juice & Syrup	**18** **Toasted Ham & Cheese Croissant** Fresh Veggies, Fruits Assorted Yogurt w/ Granola NYS String Cheese, 1% Milk	**19** Thanksgiving @ School **Turkey & Gravy** Buttery Mashed Potatoes Dinner Roll, Green Beans, Craisins, Apple Crisp, 1% Milk	**20** **Cheese Pizza** Fresh Veggie w/ Hummus Mango Peach Applesauce Cup Fruits, 1% Milk
23 **K-5 Half Day** Sun butter Meal Yogurt Meal Fresh Veggies, Fruits 1% Milk	**24** **K-12 Half Day** Sun butter Meal Yogurt Meal Fresh Veggies, Fruits 1% Milk	**25** 	**26** **No School** 	**27**
30 **Cheeseburger** Sweet Potato Wedges Rainbow Pepper Sticks Winter Berry Salad 1% Milk				

View Menus Online

linqconnect.com

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.

In collaboration with CAPITAL REGION BOCES SHARED FOOD SERVICE PROGRAM

MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

This institution is an equal opportunity provider.