



Great News! Every Student in New York State receives Free Breakfast and Lunch.
Fuel your day with delicious, healthy meals on us..



	WEEK 1 2nd - 6th	WEEK 2 9th - 13th	WEEK 3 16th - 20th	WEEK 4 28th-Oct.2nd
MON	Beef Tacos Black Beans Pico De Gallo	Beef Gyro Tzaiki Sauce Pita Bread Tomato salad	Meatball sub Sweet potato fries Green Beans	Sweet & sour chicken bowl Brown Rice Stir Fry Vegetables
TUE	No School! Fresh from New York Dairy Farms! Choose Your Favorite Milk: 2% White Fat-Free Chocolate Lactose-Free White Lactose-Free Chocolate Every carton proudly supports New York dairy farmers!	Chicken Tikki Masala With Naan bread Cucumber Salad Garlic Peas	Grilled Ham & Cheese Sandwich Broccoli cheddar soup Tomato Salad	Brunch for Lunch French toast sticks Turkey Sausages Hashbrowns
WED	General Tso Chicken bowl Over steamed rice Glazed Carrots	No School!	Chicken Alfredo Over whole grain pasta Roasted Broccoli Garlic bread	No School!
THU	Spaghetti Fideo Garden Side salad Brussle sprouts	Popcorn Chicken Bowl Mashed potatoes Corn	Philly steak and Cheese Sandwich Sauteed peppers & Onions Waffle Fries	No School!
FRI	Whole grain Mac& Cheese Bowl Roasted Beets	Limited Time Offer Pepperoni Calzone Garden Sid	Friends Giving Roasted Turkey Mashed potatoes Green Beans Cranberry Sauce	No School!

For questions about the menu, or any dietary or allergy concerns please contact:
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