

# Gilboa – Conesville Central School Menu

## October 2023

<b>Oct. 2 BREAKFAST WAFFLES</b>  <b>Lunch</b> Hot Dog on a Bun Baked Beans French Fries Tossed Salad Fruit Milk	<b>Oct. 3 BREAKFAST CINNI MINIS</b>  <b>Lunch</b> Turkey Taco w/ Toppings Corn 3 Bean Salad Fruit Milk	<b>Oct.4 BREAKFAST OATMEAL</b>  <b>Lunch</b> Chicken N Biscuits Steamed Peas Tossed Salad Fruit Milk	<b>Oct. 5 BREAKFAST BREAKFAST STICK</b>  <b>Lunch</b> Pasta w/ Meat Sauce WG Bread Tossed Salad Fruit Milk	<b>Oct. 6</b>  <b>NO SCHOOL</b> Conference Day
<b>Oct. 9</b>  <b>NO SCHOOL</b> Columbus Day	<b>Oct. 10 BREAKFAST FRENCH TOAST STIX</b>  <b>Lunch</b> Chicken Patty on a Roll Herbed Brown Rice Broccoli Fruit Milk	<b>Oct. 11 BREAKFAST PANCAKES</b>  <b>Lunch</b> Grilled Cheese Tomato Soup Mixed Vegetable Fruit Milk	<b>Oct. 12 BREAKFAST ENGLISH MUFFIN</b>  <b>Lunch</b> Mozzarella Sticks w/ Sauce Herbed Rotini Tossed Salad Fruit Milk	<b>Oct. 13 BREAKFAST BAGELS</b>  <b>Lunch</b> Pepperoni or Cheese Pizza Tossed Salad Fruit Milk
<b>Oct. 16 BREAKFAST OATMEAL</b>  <b>Lunch</b> BBQ Pork Sandwich Herbed Brown Rice Green Beans Tossed Salad Fruit Milk	<b>Oct. 17 BREAKFAST FRUDEL</b>  <b>Lunch</b> Bagel w/ Ham & Cheese Herbed Rotini Baked Beans Fruit Milk	<b>Oct. 18 BREAKFAST MINI WAFFLES</b>  <b>Lunch</b> Sloppy Joe on a Roll Tator Tots Steamed Peas Tossed Salad Fruit Milk	<b>Oct. 19 BREAKFAST MUFFINS</b>  <b>Lunch</b> Hot Dog on a Bun Herbed Rotini Baked Beans Tossed Salad Fruit Milk	<b>Oct. 20 BREAKFAST BAGEL</b>  <b>Lunch</b> Cheese Pizza Tossed Salad Fruit Milk
<b>Oct. 23 BREAKFAST CROISSANT</b>  <b>Lunch</b> Hamburger on a Bun Tator Tots Broccoli Tossed Salad Fruit Milk	<b>Oct. 24 BREAKFAST BREAKFAST BAR</b>  <b>Lunch</b> Chicken Taco w/ Toppings Corn Fruit Milk	<b>Oct. 25 BREAKFAST MINI FRENCH TOAST</b>  <b>Lunch</b> Macaroni and Cheese Beets WG Bread Tossed Salad Fruit Milk	<b>Oct. 26 BREAKFAST BREAKFAST SANDWICH</b>  <b>Lunch</b> Meatball Subs Herbed Rotini Tossed Salad Fruit Milk	<b>Oct. 27 BREAKFAST BREAKFAST PIZZA</b>  <b>Lunch</b> Cheese or Broccoli Pizza Tossed Salad Fruit Milk
<b>Oct. 30 BREAKFAST FRENCH TOAST BITES</b>  <b>Lunch</b> Fish Sticks Herbed Rotini Vegetable Medley Tossed Salad Fruit Milk	<b>Oct.31 BREAKFAST FRUDEL</b>  <b>Lunch</b> Chicken Quesadilla Herbed Brown Rice Corn Tossed Salad Fruit Milk	<b>Daily</b> Milk Sandwiches Salads Fruit Canned Fruit	<b>BREAKFAST IS CHOICE OF CEREAL OR SPECIAL, PLUS MILK, JUICE, FRUIT</b>  <b>MENU IS SUBJECT TO CHANGE</b>	<b>SANDWICHES</b>  <b>Monday- PB &amp; Jelly</b> <b>Tuesday- Tuna Fish</b> <b>Wednesday-Ham &amp; Cheese</b> <b>Thursday- Bologna</b> <b>Friday- PB &amp; Jelly</b>



This institution is an equal opportunity provider and employer

State law requires that students must choose at least three of four components for a reimbursable breakfast, and three of the five components for lunch. One of the components must be 1/2c vegetable, 1/2c fruit, 1/2c fruit juice or fresh fruit for a reimbursable meal. If the meal does not meet the requirements a la carte prices are charged.

**PRE K-12 BREAKFAST- \$1.95, PRE K -3 LUNCH - \$2.65, 4-12 LUNCH- \$2.90, MILK-\$ .50**

**Additional Lunch may be purchased with cash or money from your lunch account at \$2.50 per lunch**