

Menu

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tacos or Taco Salad Corn Black Bean & Cilantro Salsa Fruit & Milk	3 Buffalo Chicken Wrap Garlic Breadstick Carrot Coins W Ranch Fruit & Milk	4 Homemade Pizza Broccoli Salad Fruit & Milk	5 Chicken & Biscuits Mashed Potatoes Roasted Baby Carrots Fruit & Milk	6 Lasagna Garlic Toast Garden Salad Fruit & Milk
9 Columbus Day No Classes	10 Loaded Potato Bowl (Popcorn Chicken, Mashed Potatoes, Cheddar Cheese) Steamed Corn, Biscuit Fruit & Milk	11 Homemade Pizza Three Bean Salad Fruit & Milk	12 NY THURSDAY MENU Hot Dog or Hamburger on Roll Honey Glaze Carrots North Country Apple Slices Assorted NY Milk	13 Buffalo Chicken Bake Cheese Filled Breadstick Cucumber Slices Fruit & Milk
16 Chicken Parm Sandwich Three Bean Salad Fruit & Milk	17 French Toast Sticks Hash Browns Sausage Fruit & Milk	18 Homemade Pizza Caesar Salad Fruit & Milk	19 NY THURSDAY MENU Pasta with Sauce Roasted North Country Butternut Squas North Country Apple Slices Assorted NY Milk	20 Sampler - 3 Mozz Sticks, 3 Boneless Wings, Cheese Filled Breadstick Stick Garden Salad Fruit & Milk
23 Sweet & Sour Meatball Bowl Steamed Rice Roasted Carrots Fruit & Milk	24 Tangerine Chicken Steamed Rice Herb Roasted Broccoli Fruit & Milk	25 Homemade Pizza Iceberg Garden Salad Fruit & Milk	26 Roasted Turkey Mashed Potatoes Stuffing - Butternut Squash Fruit & Milk	27 Quesadilla Refried Beans Red Pepper Strips Fruit & Milk
30 Pizza Dunkers Iceberg Garden Salad Fruit & Milk	31 ELEM. Bag Lunch Hamburger or Cheeseburger on a Roll French Fries Fruit & Milk No alternates today.		Milk \$0.65	Prices Breakfast \$0.00 \$0.00 Lunch PK-4 5-12 \$0.00 \$0.00
Monday's Alternates Yogurt Parfait Chicken Tenders W Breadstick Assorted Salads- ES, MS, & HS Assorted Sandwiches- ES Assorted Wraps- MS & HS	Tuesday's Alternates Yogurt Parfait Tacos with Lettuce and Cheese Assorted Salads- ES, MS, & HS Assorted Sandwiches- ES Assorted Wraps- MS & HS	Wednesday's Alternates Yogurt Parfait Hamburger on a Roll Assorted Salads- ES, MS, & HS Assorted Sandwiches- ES Assorted Wraps- MS & HS	Thursday's Alternates Yogurt Parfait Chicken Burger on a Roll Assorted Salads- ES, MS, & HS Assorted Sandwiches- ES Assorted Wraps- MS & HS	Friday's Alternates Yogurt Parfait Baked Haddock Sandwich Assorted Salads- ES, MS, & HS Assorted Sandwiches- ES Assorted Wraps- MS & HS
Monday's Alternates Pancakes or Waffles	Tuesday's Alternates Sausage & Egg Sandwich	Wednesday's Alternates Ham & Cheese on a Croissant	Thursday's Alternates Breakfast Pizza	Friday's Alternates Sausage & Egg Sandwich

Available Daily for Breakfast: Yogurt Parfait, Donut, Cereal, Bagels, Juice & Milk.

This institution is an equal opportunity provider and employer.