

SEPTEMBER 2019

BKW Middle School/High School

Meal Prices:
 Breakfast: \$1.70
 Lunch: \$2.90

Monday	Tuesday	Wednesday	Thursday	Friday
No Classes 2	No Classes 3	Crispy Chicken Sandwich On Whole Grain Bun Fries Carrots Variety of Fruit Milk 4	Meatball Sub Steamed Broccoli Variety of Fruit Milk 5	Chicken Nuggets (Choice of plain, BBQ, or buffalo) Fries Corn Variety of Fruit Milk 6
Hamburger or Vegetable Burger Baked Sweet Potato Fries Roasted Cauliflower Variety of Fruit Milk 9	Hard or Soft Tacos Corn or Black Beans Variety of Fruit Milk Toppings: Sour Cream, Salsa, Cheese 10	Mozzarella Sticks Warm Marinara Sauce Garlic Bread Stick Broccoli Variety of Fruit Milk 11	Warm Ham and Cheese On Pretzel Roll Cheddar Broccoli Soup Carrots Variety of Fruit Milk 12 TASTE TEST THURSDAY	Chicken Nuggets (Choice of plain, BBQ, or buffalo) Fries Cucumber Slices Variety of Fruit Milk 13
French Toast Sticks Sausage Hash Brown Variety of Fruit Milk 16	Chicken Fajita Bowl Whole Grain Tortilla Chips Corn or Black Beans Variety of Fruit Milk Toppings: Sour Cream, Salsa, Cheese 17	Chicken Alfredo Steamed Broccoli Garlic Bread Stick Variety of Fruit Milk 18	Harvest of the Month Hot Dog on Bun Roasted Potato Wedges Cherry Tomato and Cucumber Salad Variety of Fruit Milk 19 This meal contains ALL NYS products	Chicken Nuggets (Choice of plain, BBQ, or buffalo) Fries Honey Dill Carrots Variety of Fruit Milk 20
Chicken Tenders Tater Tots Carrot Sticks Variety of Fruit Milk 23	Nachos Corn or Black Beans Variety of Fruit Toppings: Cheese Sauce, Salsa, Sour Cream, Lettuce 24	Grilled Cheese Tomato Soup Green Beans Variety of Fruit Milk 25	Pancakes Sausage Hash Brown Variety of Fruit Milk 26	Chicken Nuggets (Choice of plain, BBQ, or buffalo) Fries Roasted Broccoli Variety of Fruit Milk 27
Chicken and Waffles Hash Brown Warm Cinnamon Apples Milk 30				



Offered Daily: Assorted Sandwiches, Assorted Salads, Hummus w/ Pita Chips/Vegetables, Yogurt, Pizza, Protein Box

Breakfast: Breakfast Sandwich, Bagel with Cream Cheese, Yogurt with Graham Crackers, Cereal (Served with fruit/100% fruit juice and choice of low-fat/fat free milk)

Friday Breakfast Special: Whole Grain Donuts

LOCAL Harvest of the Month: CHERRY TOMATOES

Taste Test Thursday: One Thursday per month we will be featuring a LOCAL fruit or vegetable to taste test.

PROUDLY SERVING NEW YORK STATE PRODUCTS