

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



4  
Popcorn Chicken Bowl  
Mashed Potatoes & Gravy  
Corn  
**NYS Apple**  
**NYS Milk**

5  
**NYS Cheeseburger**  
Sweet Potato Fries  
Fresh Pear  
**NYS Milk**

6  
Cheesy Macaroni and Cheese  
Broccoli  
Fruit of the Day  
**NYS Milk**

7  
French Toast Sticks  
Hash Brown  
**NYS Apple Slices**  
*Pumpkin Spice Yogurt*  
**NYS Milk**

1  
Pizza  
Caesar Salad  
**NYS Grape Slushie**  
**NYS Milk**

8  
Pizza  
Cucumbers & Ranch Dip  
Fruit of the Day  
**NYS Milk**

11  
**Columbus Day**  
**No School**

12  
Grilled Cheese  
Carrots & Ranch Dip  
**NYS Apple**  
**NYS Milk**

13  
Loaded Nachos  
Salsa, Sour Cream  
Nacho Cheese  
Black Beans & Corn  
Grapes  
**NYS Milk**

14  
**NYS Cheddar Burger**  
Lettuce & Tomato  
**NYS French Fries**  
**NYS Apple Slices**  
**NYS Milk**  
**NYS THURSDAY**

15  
Pizza  
Tossed Salad  
**NYS Grape Slushie**  
**NYS Milk**

18  
Chicken Tenders  
Tater Tots  
Cucumbers & Ranch Dip  
Strawberry Cup  
**NYS Milk**

19  
Baked Ziti  
Garlic Breadstick  
Broccoli  
Fruit of the Day  
**NYS Milk**

20  
Turkey, Bacon, & Cheddar  
Panini  
Fresh Veggie & Hummus  
Grapes  
**NYS Milk**  
**Turkey Bacon Used**

21  
Chicken & Waffles  
Home Fries  
Fresh Orange Slices  
**NYS Milk**

22  
Pizza  
Carrots & Ranch Dip  
Fruit of the Day  
**NYS Milk**

25  
Crispy Chicken Sandwich  
Waffle Fries  
Celery & Carrot Sticks Ranch  
**NYS Apple Slices**  
**NYS Milk**

26  
Loaded Tacos  
Salsa, Sour Cream  
Black Beans and Corn  
Fresh Pear  
**NYS Milk**  
**Turkey Taco Meat Used**

27  
General Tso's Chicken  
Fried Rice  
Broccoli  
Fruit of the Day  
**NYS Milk**

28  
**NYS 100% Beef Hot Dog**  
**NYS French Fries**  
**NYS Apple**  
**NYS Milk**  
**NYS THURSDAY**

29  
Pizza  
Cucumbers & Ranch Dip  
*Halloween 100% Fruit Juice*  
*Italian Ice*  
**NYS Milk**

**Our menus are pork-free**



# OCTOBER 2021

## Breakfast Choices & Alternate Lunch Options

### Breakfast Choices:

One Entrée Breakfast Sandwich or Sandwich of the day Cereal or Graham Cracker  
Fruit: 100% Fruit Juice or Fruit of the Day  
Choice of Milk

### Sandwich of the Day

Monday: Italian Sub  
Tuesday: Turkey & Cheese Wrap  
Wednesday: Ham & Cheese  
Thursday: Buffalo Wrap  
Friday: Chicken Caesar Salad  
Sandwich of the Day (served with fruit/veg, choice of milk)



Our food service department wants to prevent food waste! If there are any items in your school lunch that are prepackaged, remember to pack them up and save them for later. Cheese sticks, apples, Craisins, or fruit cups would be great for an afternoon snack!

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### October Menu Highlights:

Check out our *Halloween* inspired meals this month!

**UPDATE:** The USDA extended FREE meals to all students until June 2022. \*\*It remains important that families who believe they may qualify for the Free and Reduced Price Meal program submit an application. We want to be sure that all eligible families are enrolled in this program\*\*



We are striving to support our New York State food producers. Items highlighted in green are NYS food products.

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