

DAILY ENTRÉE OPTIONS:

- CHEESE OR PEPPERONI PIZZA (MONDAY-THURSDAY)
- CHEF SALAD
- CHICKEN BACON RANCH WRAP
- FRUIT & YOGURT PARFAIT W/ GRANOLA

MENU

BKW Jr/Sr High
School Lunch
Menu

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OCTOBER
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9-12TH LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	Taco Salad w/Chips (meat, cheese & lettuce) Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn	1 Crispy Chicken Tenders with assorted dipping sauces Corn Muffin Fresh Veggie w/Hummus	2 Macaroni & Cheese Bar w/ Buffalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes	3 Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Salad
7 Bistro Cheeseburger (plain, cheese or bacon) Seasoned Curly Fries Tortellini Pasta Salad Rainbow Pepper Sticks	8 Popcorn Chicken & Mashed Potato Bowl Yellow Corn Dinner Roll Fresh Veggies w/Hummus	9 Beef Baracoa Tacos Sweet Potato Fries Tangy Cucumber Salad Choc Chip Cookie	10 Gen Tso Chicken Fried Rice & Veg Egg Roll Steamed Green Beans Fresh Grape Tomatoes	11 Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Side Salad
14 Columbus/Indigenous Peoples Day No School	15 Ultimate Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn Mango Peach Applesauce	16 Grilled Chicken Wrap (Buffalo or Caesar) French Fries Fresh Apple Fresh Veggie	17 National Pasta Day! Macaroni & Cheese Bar w/ Buffalo Chicken Garlic Knot & Broccoli Fresh Grape Tomatoes	18 Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Side Salad
21 Pulled Pork on a Kaiser Kettle Potato Chips Creamy Coleslaw Fresh Veggie Cup w/Dip	22 Chicken & Waffles Sweet Potato Fries 100% Juice Cup Syrup Cup	23 Sampler Platter (chick wings & mozz sticks) Pita Chips & Hummus Dip Fresh Veggies	24 Rotini w/Meat Sauce Garlic Texas Toast Peas & Carrots Warm Cinnamon Pears	25 Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Side Salad
28 Crispy Chicken Sandwich Seasoned Waffle Fries Rainbow Pepper Sticks	29 Buffalo Chicken Dip w/tortilla chips Carrot & Celery Sticks Buttered Corn Grape Juice Slushie	30 Tortellini Alfredo with Chicken Garlic Knot Roasted Broccoli Grape Tomatoes	31 Bistro Cheeseburger (plain, cheese or bacon) Seasoned Curly Fries Pasta Pasta Salad Rainbow Pepper Sticks Halloween Dirt Pudding Cup	1

Harvest of the Month



View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change. Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

In collaboration with
CAPITAL REGION
BOCES
SHARED FOOD SERVICE PROGRAM