

Daily Entrée Options
 Uncrustable PB&J
 NYS Yogurt Parfait w/Granola
 Chef Salad w/Roll
 Buffalo Chicken Wrap
 Mixed Italian Sub



MENU

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7-12 LUNCH

Labor Day No School	1	Conference Day No School	2	Crispy Chicken Sandwich Seasoned Curly Fries Fresh Veggie Cup w/Dip	3	Cheesy Breadsticks Marinara Sauce Roasted Broccoli Red Pepper Sticks	4	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Caesar Side Salad	5
Bistro Cheeseburger (plain, cheese or bacon) NY Breaded Onion Rings Crunchy Coleslaw Chocolate Chip Cookie	8	Ultimate Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Seasoned Black Beans Mango Peach Applesauce	9	Chicken & Waffles Crispy Chicken Drumstick WG Waffle Hash Brown & Baby Carrots 100% Juice Cup & Syrup	10	Macaroni & Cheese w/Bufalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes	11	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad	12
Crispy Chicken Tenders Warm Garlic Knot Emoji Fries Glazed Carrots	15	Rotini with Meat Sauce Cheesy Breadstick Seasoned Green Beans Warm Cinnamon Pears	16	Double Hot Dog Day Grape Tomatoes Baked Beans Pasta Salad	17	Gen Tso Chicken Fried Rice & Veg Egg Roll Stir Fry Vegetables Fortune Cookie	18	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Caesar Side Salad	19
Philly Fajita Chicken Sub Peppers & Onions Baked Potato Chips Fresh Veggie Cup w/Dip	22	Loaded Baked Potato (pulled chicken, queso, bacon) Steamed Broccoli Salsa & Sour Cream Dinner Roll	23	Sampler Platter (chick wings & mozz sticks) Warm Garlic Knot Marinara Sauce Fresh Veggies with Hummus	24	BBQ Pulled Pork Sandwich Baked Beans Coleslaw	25	Pizza Slice (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad	26
Crispy Chicken Tenders Warm Garlic Knot Fresh Veggie w/Hummus Glazed Carrots	29	Cheesy Chicken Quesadilla Mexican Fiesta Rice Seasoned Black Beans Assorted Fresh Veggies	30						

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.

linqconnect.com

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

