

**Alternates:**

- Mon-Fri- Peanut Butter & Jelly Sandwich
- Turkey & Cheese Sandwich
- Ham & Cheese Sandwich
- Bologna & Cheese Sandwich
- Mon-Fri: Open Salad Bar

# MENU

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**OCTOBER**  
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## 7-12 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	Taco Salad w/Chips (meat, cheese & lettuce) Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Rice Crispy	1 Crispy Chicken Tenders with assorted dipping sauces Corn Muffin Fresh Veggie w/Hummus	2 Macaroni & Cheese Bar w/Bufalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes	3 Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Side Salad
7 Bistro Cheeseburger (plain, cheese or bacon) Seasoned Curly Fries Tortellini Pasta Salad Rainbow Pepper Sticks	8 Ultimate Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn Mango Peach Applesauce	9 Popcorn Chicken & Mashed Potato Bowl Yellow Corn Dinner Roll Fresh Veggie Cup w/Hummus	10 Gen Tso Chicken Fried Rice & Veg Egg Roll Steamed Green Beans Fresh Grape Tomatoes	11 No School Superintendents Day
14 Columbus/Indigenous Peoples Day No School	15 Taco Salad w/Chips (meat, cheese & lettuce) Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Rice Crispy	16 Grilled Chicken Wrap (Buffalo or Caesar) French Fries Fresh Apple Fresh Veggie	17 National Pasta Day! Macaroni & Cheese Bar w/Bufalo Chicken Breadstick & 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 BYO Burrito Bowl (rice, beans, protein, sides) Salsa & Sour Cream Guacamole, Olives, Jalapenos Halloween Dirt Pudding 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 Ultimate Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn Mango Peach Applesauce	30 Cannonball Meatball Marinara Sub Fresh Apples French Fries	31 Chicken & Waffles Sweet Potato Fries 100% Juice Cup Syrup Cup	1

**Harvest of the Month**



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.**

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 MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

In collaboration with  
**CAPITAL REGION**  
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 SHARED FOOD SERVICE PROGRAM

