

# National School Lunch Week: Level UP w/School

Lunch     

# OCTOBER 2023

## Elementary Lunch Menu

Alternative Entrees Available Daily  
Check Website for Link to Choices

### Monday

French Toast Sticks **2**  
Sausage Links & Home Fries  
100% Orange Juice  
Fruit Choice & Syrup Cup  
**NYS Milk**

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

Cheeseburger on a Bun **16**  
French Fries  
Veggie Sticks & Dip  
Fruit Choice  
**NYS Milk**

Turkey & Cheese Sandwich **23**  
Goldfish Cracker & String Cheese  
Fresh Fruit & Veggie Choice  
**NYS Milk**

French Toast Sticks **30**  
Yogurt Cup & Mini Hash browns  
100% Orange Juice  
Fruit Choice & Syrup Cup  
**NYS Milk**

### Tuesday

Rotini Pasta w/ Meat Sauce **3**  
Garlic Breadstick  
Steamed Broccoli  
Fruit Choice  
**NYS Milk**

Tubular Chicken Tacos **10**  
(Refried Beans, Cheese Lettuce)  
Yellow Corn  
Salsa Cup & Sour Cream  
Fruit Choice & **NYS Milk**



Cheesy Breadstick (2ea) **17**  
with Marinara Sauce Cup  
Fresh Veggie Cup  
Fruit Choice  
Cookie & **NYS Milk**

Taco Salad w/Chips **24**  
(Taco Meat, Lettuce, Cheese)  
Black Bean & Corn Salad  
Salsa, Sour Cream, Fruit  
Rice Crispy & **NYS Milk**

**Half Day (bag lunch)** **31**  
Muffin, String Cheese,  
Yogurt Meal Kit  
Veggies w/ Dip & Fruit  
**NYS Milk**

### Wednesday

Chicken & Waffles **4**  
Sweet Potato Fries  
Fresh Fruit & Veggie Choice  
Grape Juice & Syrup Cup  
**NYS Milk**

Slowpoke Sloppy Joe **11**  
 on a Blastoise Bun  
Pac Man Smiley Fries   
Peas & Carrots  
Fruit Choice & **NYS Milk**

Chicken Nuggets **18**  
Warm Garlic Knot  
Sweet Potato Tots  
Green Beans & Fruit Choice  
**NYS Milk**

Popcorn Chicken (12pc) **25**  
Mashed Potatoes w/Chs & Gravy  
Dinner Roll & Corn  
Fruit Choice  
**NYS Milk**

### Thursday

Cheese Pizza **5**  
Steamed Vegetables  
Fruit Choice & Watermelon  
**NYS Milk**

Orange Chicken & Rice **12**  
 Yoshi's Egg Roll  
Bowser's Roasted Broccoli   
Fruit Choice  
**NYS Milk**

Potato & Cheddar **19**  
Pierogies with Kielbasa Bites  
Steamed Broccoli  
Warm Cinnamon Apples  
Sour Cream & **NYS Milk**

Macaroni & Cheese **26**  
**Soft Baked Pretzel**  
Fresh Veggie Cup  
Fruit Choice  
**NYS Milk**


### Friday

**No School**  
**Superintendent**  
**Conference Day**

 Fire Flower **13**  
Cheese Pizza  
Steamed Mixed Vegetables  
Princess Peach Cobbler   
**NYS Milk**

Cheese Pizza **20**  
Steamed Mixed Vegetables  
Fruit Choice  
**NYS Milk**

Cheese Pizza **27**  
Steamed Mixed Vegetables  
Fruit Choice  
**NYS Milk**

October is National Pretzel Month! 

**Happy Halloween!**



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

Pork Free Menu is Available Daily Upon Request (turkey alternatives)

Menu is subject to change, notice posted when available. The institution is an equal opportunity provider



# October 2023

## Breakfast and Alternate Lunch Options

### **Breakfast Choices:**

**Monday:** Whole Grain Muffins & Yogurt, Assorted Cereal with Graham Crackers.

**Tuesday:** Mini Pancakes/Waffles, Assorted Cereal with Graham Crackers.

**Wednesday:** French Toast Sticks, Assorted Cereal with Graham Crackers.

**Thursday:** Fresh Baked Donut, Assorted Cereal with Graham Crackers.

**Friday:** Assorted Cereal with Graham Crackers or Bagel w/ Cream Cheese.

**Served with:** 100% fruit juice, fruit of the day, and choice of milk

### **Alternate Lunch Options:**

**WEEK 1:** 2 Muffin (2 oz), 4oz yogurt, string cheese meal kit. (10/2-10/5)

**WEEK 2:** Pita Pizza meal kit. (10/10-10/13)

**WEEK 3:** Bagel, 4 oz yogurt, string cheese meal kit. (10/16-10/20)

**WEEK 4:** Turkey & cheese sandwich. (10/23-10/27)

**Served With:** Fresh Veggie of Day, Fruit, WG Roll, Choice of Milk

*\*Always available: PB& J uncrustable, Sun butter uncrustable, Lactose free milk upon request.*



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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Menus are pork free

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