

Daily Entrée Options:
 PB & J Uncrustables
 Hummus & Tortilla Chips
 Rotating Deli Sandwich

Pricing:
 Lunch: \$3.25
 Milk: \$.60

Cornell Cooperative Extension (CCE) will be visiting each school in the month of October to provide lunchtime education about the Harvest of the Month:

Apples

MENU

Middle School Lunch Menu

October 14-18 is **School Lunch Week**
 Be a lunch pirate with us! **OCTOBER**



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 30 | Loaded Beef Tacos Cheese, Salsa, Sour Cream Black Beans & Corn Pepper Sticks & Dip | Popcorn Chicken Bites Mozzarella Sticks Marinara Sauce Crinkle Cut Fries Cucumbers with Dip | 3 No School Rosh Hashanah | 4 Cheese or Pepperoni Pizza Garden Salad Applesauce Cup |
| 7 Rotini w/Meat Sauce (Beef) Garlic Breadstick Steamed Green Beans Baby Carrots | 8 French Toast Sticks Turkey Sausage Links or Cheese Omelet Sweet Potato Tots Pepper Sticks & Dip | 9 Chicken Nuggets Warm Garlic Knot Mashed Potatoes Cucumber with Hummus | 10 Crispy Chicken Sandwich Potato Wedges Fresh Veggie & Dip | 11 No School Conference Day |
| 14 No School Columbus/Indigenous Peoples Day | 15 Ultimate Nachos Salsa & Sour Cream Refried Bean Dip Golden Treasure Corn Rainbow Pepper Sticks | 16 Cannonball Meatball Marinara Sub Fresh Apples French Fries Cukes w/ Dip | 17 Pirates Treasure Bowl Mashed potatoes, popcorn chicken & cheese, Corn & Dinner Roll Fresh Veggie & Dip & Parrot Pears | 18 Cheese or Pepperoni Pizza Garden Salad Applesauce Cup |
| 21 Chicken & Waffles Sweet Potato Fries Baby Carrots & Dip Syrup | 22 Cheesy Breadsticks w/Marinara Sauce Breaded Broccoli Bites Pepper Sticks & Dip | 23 Chicken Nuggets Warm Garlic Knot Smiley French Fries Cucumbers with Hummus | 24 Tortellini Alfredo with Chicken Garlic Texas Toast Peas & Carrots Fresh Veggie & Dip **CCE at Middle School** | 25 Cheese or Pepperoni Pizza Garden Salad Cocoa Brownie Bar |
| 28 Cheeseburger French Fries Pepper Sticks & Dip Choc Chip Cookie | 29 Chicken Tenders Herbed Rice & Dinner Roll Honey Glazed Carrots Corn on the Cob | 30 Macaroni & Cheese Corn Muffin Seasoned Green Beans Cucumbers & Dip Warm Cinnamon Apples | 31 Hot Dog on a Bun Tomato Soup Fresh Veggie w/Dip Dirt & Worms Pudding Cup | Happy Halloween |

Harvest of the Month
 NY FOOD DAYS

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.



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