

Daily Entrée Options:
PB & J Uncrustables
Hummus & Tortilla Chips

Pricing:
Lunch: \$3.00
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

Elementary Lunch Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	Loaded Chicken & Cheese Tacos Salsa & Sour Cream Black Beans & Corn Pepper Sticks & Dip	Popcorn Chicken Bites Mozzarella Sticks Marinara Sauce Crinkle Cut Fries Cucumbers with Dip	Rosh Hashanah No School	Cheese or Pepperoni Pizza Garden Salad & Applesauce Cup Choc Chip Cookie
Rotini w/Meat Sauce (Beef) Garlic Breadstick Steamed Green Beans Baby Carrots	French Toast Sticks Turkey Sausage Links or Cheese Omelet Sweet Potato Tots Pepper Sticks & Dip **CCE at Eagle**	Chicken Nuggets Warm Garlic Knot Mashed Potatoes Cucumber with Hummus	Crispy Chicken Sandwich Potato Wedges Fresh Veggie & Dip **CCE at Elsmere**	Conference Day No School
No School Columbus/Indigenous Peoples Day	Ultimate Nachos Salsa & Sour Cream Refried Bean Dip Golden Treasure Corn Rainbow Pepper Sticks **CCE at Hamagrael**	Cannonball Meatball Marinara Sub Fresh Apples French Fries Cukes w/ Dip	Pirates Treasure Bowl Mashed potatoes, popcorn chicken & cheese Corn & Dinner Roll Fresh Veggie & Dip & Parrot Pears **CCE at Glenmont**	Cheese or Pepperoni Pizza Garden Salad Applesauce Cup
Chicken & Waffles Sweet Potato Fries Baby Carrots & Dip Syrup **BIG APPLE CRUNCH**	Cheesy Breadsticks w/Marinara Sauce Breaded Broccoli Bites Pepper Sticks & Dip **CCE at Slingerlands**	Chicken Nuggets Warm Garlic Knot Smiley French Fries Cucumbers with Hummus	Tortellini Alfredo with Chicken Garlic Texas Toast Peas & Carrots Fresh Veggie & Dip	Cheese or Pepperoni Pizza Garde Salad Cocoa Brownie Bar
Cheeseburger French Fries Pepper Sticks & Dip	Chicken Tenders Herbed Rice & Dinner Roll Honey Glazed Carrots Corn on the Cob	Macaroni & Cheese Corn Muffin Seasoned Green Beans Cucumbers & Dip Warm Cinnamon Apples	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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