



Monday

Tuesday

Wednesday

Thursday

Friday

7
Crispy Chicken Sandwich
V: Fish Sandwich
Corn, Waffle Fries
Peaches
NYS Milk

8
Superintendent's
Conference Day
No School

9
Mac & Cheese
Oven Roasted Broccoli
Mixed Fruit
NYS Milk

10
Mozzarella Cheese Sticks
w/ Sauce
Garlic Bread Stick
Tossed Salad
NYS Apple
NYS Milk

11
No School
Veterans Day

14
Cheeseburgers
V: Veggie Burger
French Fries
Baked Beans
Applesauce
NYS Milk

15
Loaded Nachos
V: Cheese Nachos
Salsa & Sour Cream
Pico de Gallo
Peaches
NYS Milk

16
Baked Ziti w/Meatballs
V: Pasta w/ Alfredo Sauce
Garlic Bread
Oven Roasted Vegetable
Orange Wedges
NYS Milk

17
Chicken & Waffles
V: Fish Sticks
Maple Syrup
Corn
NYS Apple
NYS Milk

18
Pepperoni Pizza
V: Cheese Pizza
Caesar Salad
Fresh Honeydew
NYS Milk

21
Chicken Tenders w/ Roll
V: Fish Sticks w/ Roll
Curly Fries
Baked Beans
Pears
NYS Milk

22
Thanksgiving Dinner
Oven roasted Turkey
w/ Stuffing
V: Baked Haddock
Mashed Potato w/ Gravy
Corn, Applesauce & Roll
NYS Milk

23
Thanksgiving
Break

24
Happy
Thanksgiving

25
Thanksgiving
Break

28
National French
Toast Day!
French Toast Sticks
w/ Turkey Sausage
V: French Toast Sticks w/ Cheese
Stick
Green Beans, Peaches, NYS Milk

29
Buffalo Chicken &
Cheese Quesadilla
V: Cheese Quesadilla
w/ Salsa & Sour Cream
Rice & Beans, Cooked Carrots
Mixed Fruit, NYS Milk

30
Lasagna
V: Vegetable Lasagna
Oven Roasted Vegetable
Mixed Fruit
NYS Milk



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



NOVEMBER 2022

Breakfast & Alternate Lunch Options

Breakfast Choices:

Everyday: Cereal, Muffin, Breakfast Bar, Bagel w/ Cream Cheese, 100% Fruit Juice or Fruit of the Day and Milk
Waffles on Thursday

Alternate Lunch Options:

Yogurt (served with granola bar, fruit/veg, choice of milk)
Chef Salad w/Turkey, Ham, and Cheddar Cheese (served with dinner roll, fruit, choice of milk)
Chicken Caesar Salad (served with dinner roll, fruit, choice of milk)
Sun Butter & Jelly Sandwich (served with fruit, vegetable, choice of milk)
Sandwich of the Day (served with fruit/veg, choice of milk)

Sandwich of the Day:

Monday: Turkey & Cheese Wrap
Tuesday: Grilled Cheese
Wednesday: Egg Salad Sandwich
Thursday: Ham & Cheese on Pretzel Roll
Friday: Tuna Boat



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!



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

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