



Monday

Tuesday

Wednesday

Thursday

Friday

1  
Crispy Chicken Sandwich  
V: Fish Sandwich  
Corn, Waffle Fries  
Peaches  
NYS Milk

2  
Soft Tacos  
V: Fish taco  
Black Bean Salsa  
Peaches  
NYS Milk

3  
Ham & Cheese Croissant  
V: Cheese Croissant  
w/ Tomato Soup Carrot Sticks  
Hash Brown  
Mixed Fruit  
NYS Milk

4  
General Tso' Chicken  
V: Fish Nuggets  
Fried Rice  
Stir Fry Vegetables  
NYS Apple  
NYS Milk

5  
Cheese Pizza  
Caesar Salad  
Fresh Cantaloupe  
NYS Milk

6  
Cheeseburgers  
V: Veggie Burger  
French Fries  
Baked Beans  
Applesauce  
NYS Milk

7  
Superintendent's  
Conference Day  
No School

8  
Mac & Cheese  
Oven Roasted Broccoli  
Mixed Fruit  
NYS Milk

9  
Mozzarella Cheese Sticks  
w/ Sauce  
Garlic Bread Stick  
Tossed Salad  
NYS Apple  
NYS Milk

10  
No School  
Veterans Day

11  
Chicken Tenders w/ Roll  
V: Fish Sticks w/ Roll  
Curly Fries  
Baked Beans  
Pears  
NYS Milk

12  
Thanksgiving Dinner  
Oven roasted Turkey  
w/ Stuffing  
V: Baked Haddock  
Mashed Potato w/ Gravy  
Corn, Applesauce & Roll  
NYS Milk

13  
Baked Ziti w/Meatballs  
V: Pasta w/ Alfredo Sauce  
Garlic Bread  
Oven Roasted Vegetable  
Orange Wedges  
NYS Milk

14  
Chicken & Waffles  
V: Fish Sticks  
Maple Syrup  
Corn  
NYS Apple  
NYS Milk

15  
Pepperoni Pizza  
V: Cheese Pizza  
Caesar Salad  
Fresh Honeydew  
NYS Milk

16  
**National French  
Toast Day!**  
French Toast Sticks  
w/ Turkey Sausage  
V: French Toast Sticks w/ Cheese  
Stick  
Green Beans, Peaches, NYS Milk

17  
Buffalo Chicken &  
Cheese Quesadilla  
V: Cheese Quesadilla  
w/ Salsa & Sour Cream  
Rice & Beans, Cooked Carrots  
Mixed Fruit, NYS Milk

18  
Thanksgiving  
Break

19  
Happy  
Thanksgiving

20  
Thanksgiving  
Break

21  
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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