

September 2021

CAYUGA HEIGHTS MENU

Breakfast and Lunch Free – includes Milk (Milk Only: \$.50)

Contact: Barbara Albi at 686-5009 OR 686-5010

Monday

LOOKING FOR A PART TIME JOB?
We are accepting applications for Food Service Workers.
Please see Depew Website or call for information
686-5009 or 686-5010

My School Bucks or send in Checks to be deposited on the account. If you need to send in cash please put it in an envelope with the child's first and last name

BBQ RIBBETTE ON A BUN
Baked French Fries
Sweet Peas
Fresh Apple
Ice Cold Milk

CHEESEBURGER ON A BUN
Baked French Fries
"Home Grown" Corn on the Cob
Watermelon
Ice Cold Milk

BBQ PORK ON A BUN
Baked French Fries
Sweet Carrots
Diced Peaches
Ice Cold Milk

Tuesday

And the whole amount will be deposited on the account. Any questions please call the food service department. Thanks

TACO (Pork) DELUXE
Seasoned Rice
Green Beans
Watermelon
Ice Cold Milk

TACO IN A BAG
Mexican Seasoned Rice
Savory Baked Beans
Sweet Peaches
Ice Cold Milk

NACHO GRANDE WITH TOSTITO
CHIPS / Seasoned Rice / Savory Baked Beans / Diced Peaches / Ice Cold Milk

Wednesday

Free Breakfast & Lunch meals have been extended to all students for the 21-22 school year

CHEESE PIZZA "Home Grown"
Corn on the Cob
Chilled Peaches
Ice Cold Milk

"WILD MIKE'S" PIZZA DAY
Baby Carrots with Dip
Assorted Flavor Applesauce Cups
Ice Cold Milk

FRESH GREEN SALAD TOPPED WITH CHEESE AND CHICKEN TOMATOES, CUCUMBERS, BROCCOLI
GARBANZO BEANS
APPLE / DINNER ROLL

FRENCH TOAST STICKS & SAUSAGE LINKS
Hash Brown Patty
Mixed Vegetables
Strawberries / Milk

Thursday

SNACKS
Fresh Fruit.....\$.30
Ice Cream.....\$.75
Pretzel Rod.....\$.05
Juices.....\$.50
Milk (all flavors)...\$.50

CHICKEN NUGGETS
Baked French Fries
Dinner Roll / Carrots
Fresh sliced Cucumbers & Tomatoes
Applesauce Cup / Milk

HAM AND CHEESE MELT
Steamed Broccoli
Strawberry Cup
100% Fruit Juice
Ice Cold Milk

BREADED PORK CHOP Dinner Roll
Mashed Potatoes
Gravy / Sweet Carrots
Applesauce Cup
Ice Cold Milk

CHEESE LASAGNA
Garlic Bread
Green Beans
Chilled Peaches
Ice Cold Milk

Friday

In order to reduce handling cash we are asking that you put money on your child's accounts using

CHICKEN OR GARDEN SOUVLAKI in a Pita
Greek Salad
Broccoli / **Fresh Pears** / Milk

HOT DOG ON A BUN
Pasta Salad
Savory Baked Beans
Mixed Fruit
Ice Cold Milk

MOZZARELLA STICKS BREADED With Dipping Sauce
Bread Stick
Steamed Broccoli
Mixed Fruit / Milk

AVAILABLE DAILY: CHOOSE ONE:

- *Menu Lunch
- *Chicken Patty - M, W & F
- *Hamburger - T & TH
- *Cheese Pizza
- *PBJ Sandwich Lunch
- *Vegetable Platter
- *Salad Plate
- *Yogurt Platter

***All Lunches must include a Fruit or Vegetable, may take up to two of each daily.

FRESH FRUIT BASKET AVAILABLE EVERY DAY

Choice of Milk:
1%, Skim or Chocolate Skim

Student Breakfast Available daily and includes:

Choice of Milk:
1%, Skim or Chocolate Skim

Choice of Fresh Fruit or 100% Fruit Juice:
(Breakfast must include at least one or more fruit items, may take two)

BAGEL BREAKFAST (Warm Bagel, Juice/Fruit) OR CEREAL GRAB AND GO BAG (Cereal, other Grain item & Juice)

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