

# October 2021

## CAYUGA HEIGHTS MENU

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

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

**MENUS SUBJECT TO CHANGE**

### BIRTHDAY PARTY

We Can Cater Your Child's Classroom Birthday Party.  
One wrapped chocolate or vanilla cupcake OR Ice Cream Cup with a juice delivered to your child's room for \$1.00 per Child. Both includes a gift and one free for the teacher. Call 686-5010 or 686-5009

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**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



**4**  
**CHICKEN AND CHEDDAR CHEESE WRAP**  
Carrot Sticks  
Ranch Dressing  
Blue Berry Cup  
Ice Cold Milk

**5**  
**TACO (pork) IN A BAG** / Mexican  
Seasoned Rice  
Savory Baked Beans  
**Sweet Peaches**  
Ice Cold Milk

**6**  
**TURKEY MEATBALL SUB**  
Baked French Fries  
Roasted Broccoli  
**Strawberry Cup**  
Ice Cold Milk

**7**  
**BREADED PORK CHOP** / Gravy  
Sweet Potatoes  
Dinner Roll  
**"Home Grown" Cabbage Coleslaw**  
Applesauce / Milk

**8**  
**BREADED MOZZARELLA STICKS** with Dipping Sauce  
Dinner Roll / Green Beans / Sliced Apples  
Milk

**11**  
**NO SCHOOL COLUMBUS DAY**

**12**  
**TACO DELUXE**  
Seasoned Rice  
Savory Baked Beans  
**Fresh Pears**  
Ice Cold Milk

**13**  
**MINI CORN DOGS**  
Pasta Salad  
Sweet Carrots  
**Bag of Apple Slices**  
Ice Cold Milk

**14**  
**NY THURSDAY HOT DOG ON A BUN**  
Oven Roasted Baby Potatoes  
**"Home Grown" Cabbage Coleslaw**  
Welch's Slushy  
Ice Cold Milk

**15**  
**TURKEY AND CHEESE SUB** With **Lettuce and Tomato**  
Cold Sweet Beets  
100% Juice  
Ice Cold Milk

**18**  
**CHICKEN SALAD PITA BREAD**  
Carrot Sticks  
Ranch Dressing  
Sliced Apples  
Ice Cold Milk

**19**  
**NACHO GRANDE WITH TOSTITO**  
**CHIPS** / Seasoned Rice / Savory Baked Beans  
**Fresh Pears** / Milk

**20**  
**HAM & CHEDDAR CHEESE SUB**  
**Lettuce and Tomato**  
Roasted Broccoli  
Applesauce Cup  
Ice Cold Milk

**21**  
**BBQ PORK ON A BUN**  
French Fries  
**Roasted Fresh Squash**  
**Fresh Apple**  
Ice Cold Milk

**22**  
**POPCORN CHICKEN**  
Bag of Cheetos  
Dinner Roll  
Garbanzo Bean Salad  
Diced Peaches  
Ice Cold Milk

**25**  
**EGG, Turkey Ham & CHEESE ENGLISH MUFFIN SANDWICH**  
Hash Brown Patty  
Steamed Broccoli  
Ice Cold Milk

**26**  
**"HOMEMADE" PIZZA SUB**  
Sweet Carrots  
Chilled Diced Pears  
Ice Cold Milk

**27**  
**FRENCH TOAST STICKS & SAUSAGE**  
Hash Brown Patty  
Mixed Vegetables  
100% Fruit Juice  
Ice Cold Milk

**28**  
**SPAGHETTI & MEATSAUCE**  
Garlic Bread  
Green Beans  
**Chilled Peaches**  
Ice Cold Milk

**29**  
**Happy Halloween "Chilling" Chicken Finger Sub** / "Batty"  
Baked Beans / "Frightning"  
Fruit / "Spider Web"  
Funnel Cakes  
"Dracula's Drink" 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)

\*\*\*\*\*  
**This institution is an equal opportunity provider and employer**