

## September 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday												
Even with meals at no cost to students, the district still needs you to fill out the free and reduced meal application. It will help the district in many other areas. Please fill one out today.	Staff Development Day No Classes	Staff Development Day No Classes	Hot Dog or Hamburger on Roll Honey Glaze Carrots Fruit & Milk	Buffalo Chicken Bake Cheese Filled Breadstick Cucumber Slices Fruit & Milk												
Chicken Parm Sandwich Carrots w/ Ranch Fruit & Milk	French Toast Sticks Hashbrown Sausage Fruit & Milk	Homemade Pizza Caesar Salad Fruit & Milk	NY THURSDAY MENU Pasta with Sauce North Country Butternut Squash North Country Apple Slices Assorted NY Milk	Sampler- 3 Mozz Sticks 3 Boneless Wings Cheese Filled Breadstick Three Bean Salad Fruit & Milk												
Sweet & Sour Meatball Bowl Steamed Rice Roasted Carrots Fruit & Milk	Tangerine Chicken Steamed Rice Herb Roasted Broccoli Fruit & Milk	Homemade Pizza Iceberg Garden Salad Fruit & Milk	Roasted Turkey Mashed Potatoes Stuffing - Butternut Squash Fruit & Milk	Quesadilla Refried Beans Red Pepper Strips Fruit & Milk												
Pizza Dunkers Three Bean Salad Fruit & Milk	Chicken Caesar Salad String Cheese Stick Garlic Breadstick Fruit & Milk Alt Veg: Ceasar Salad	Homemade Pizza Iceberg Garden Salad Fruit & Milk	NY THURSDAY MENU Mac & Cheese w/Garlic Breadstick Maple Glaze Carrots North Country Apple Slices Assorted NY Milk	Grilled Cheese Sandwich Tomato Soup Steamed Corn Fruit & Milk												
			If a student chooses to have just a milk there will be a \$0.65 charge.	<div>Prices</div> <table><tr><td><u>Breakfast</u></td><td></td><td><u>Lunch</u></td></tr><tr><td>\$0.00</td><td>PK-4</td><td>\$0.00</td></tr><tr><td>\$0.00</td><td>5-12</td><td>\$0.00</td></tr><tr><td>\$0.00</td><td>Reduced</td><td>\$0.00</td></tr></table> menu subject to change without notice	<u>Breakfast</u>		<u>Lunch</u>	\$0.00	PK-4	\$0.00	\$0.00	5-12	\$0.00	\$0.00	Reduced	\$0.00
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\$0.00	PK-4	\$0.00														
\$0.00	5-12	\$0.00														
\$0.00	Reduced	\$0.00														
<u>Monday's Lunch Alternates</u> Yogurt Parfait Chicken Tender W Breadstick Assorted Salads-ES, MS, & HS Assorted Sandwiches- ES Assorted Wraps- MS & HS	<u>Tuesday's Lunch Alternates</u> Yogurt Parfait Tacos with Lettuce and Cheese Assorted Salads-ES, MS, & HS Assorted Sandwiches- ES Assorted Wraps- MS & HS	<u>Wednesday's Lunch Alternates</u> Yogurt Parfait Hamburger on a Roll Assorted Salads-ES, MS, & HS Assorted Sandwiches- ES Assorted Wraps- MS & HS	<u>Thursday's Lunch Alternates</u> Yogurt Parfait Chicken Burger on a Roll Assorted Salads-ES, MS, & HS Assorted Sandwiches- ES Assorted Wraps- MS & HS	<u>Friday's Lunch Alternates</u> Yogurt Parfait Baked Haddock Sandwich Assorted Salads-ES,MS, & HS Assorted Sandwiches- ES Assorted Wraps- MS & HS												
BREAKFAST																
<u>Monday's Breakfast</u> Pancakes or Waffles	<u>Tuesday's Breakfast</u> Sausage & Egg Sandwich	<u>Wednesday's Breakfast</u> Ham & Cheese on a Croissant	<u>Thursday's Breakfast</u> Breakfast Pizza	<u>Friday's Breakfast</u> Sausage & Egg Sandwich												
Available Daily for Breakfast: Yogurt Parfait, Donuts, Cereal, Bagels, Fruit, Juice, & Milk.																

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This institution is an equal opportunity provider and employer.