

OCTOBER 2020

Tech Valley High School

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken Nuggets Garlic Breadstick Corn Fruit of the Day NYS Milk</p> <p>5</p>	<p>Waffles Yogurt Carrot Sticks & Sun Butter Fruit of the Day NYS Milk</p> <p>6</p>	<p>Buffalo Chicken Wrap WG Snack Celery Sticks & Dip Fruit of the Day NYS Milk</p> <p>7</p>	<p>Nachos Taco Meat*, Nacho Cheese Salsa & Sour Cream Corn & Black Beans Fruit of the Day NYS Milk</p> <p>1</p>	<p>Pizza NYS Salad Fruit of the Day NYS Milk</p> <p>2</p>
<p>Columbus Day No School</p> <p>12</p>	<p>Pancakes Sausage Patty* Hash Brown Fruit of the Day NYS Milk</p> <p>13</p>	<p>Turkey & Cheese on Kaiser WG Snack Cucumbers & Dip Fruit of the Day NYS Milk</p> <p>14</p>	<p>Cheese Quesadilla Salsa & Sour Cream Corn & Black Beans Fruit of the Day NYS Milk</p> <p>15</p>	<p>Pizza NYS Salad Fruit of the Day NYS Milk</p> <p>16</p>
<p>Chicken Nuggets Garlic Breadstick Broccoli Fruit of the Day NYS Milk</p> <p>19</p>	<p>Waffles Sausage Patty* Hash Brown Fruit of the Day NYS Milk</p> <p>20</p>	<p>BBQ Chicken Wrap WG Snack Carrots & Dip Fruit of the Day NYS Milk</p> <p>21</p>	<p>Hot Dog Baked Beans NYS Grape Juice NYS Milk</p> <p>22</p>	<p>Pizza NYS Salad Fruit of the Day NYS Milk</p> <p>23</p>
<p>Chicken Nuggets Garlic Breadstick Corn Fruit of the Day NYS Milk</p> <p>26</p>	<p>Pancakes Sausage Patty* Hash Brown Fruit of the Day NYS Milk</p> <p>27</p>	<p>Ham* & Cheese on Pretzel Roll WG Snack Carrots & Hummus Fruit of the Day NYS Milk</p> <p>28</p>	<p>Pasta with Meatballs Garlic Breadstick Green Beans Fruit of the Day NYS Milk</p> <p>29</p>	<p>Pizza NYS Salad Fruit of the Day NYS Milk</p> <p>30</p>

Breakfast:
Breakfast Daily: Bagel with Cream Cheese, Muffin, Yogurt, Assorted Cereal, Assorted Fruit/Juice, Assorted Milk
Offered Daily for Lunch (served with fruit/ fresh vegetable/milk):
 Hummus Kit with Veggies & Pita Chips, Sandwich of the Day
 *Turkey product used

Sandwich of the Day:
 Monday: Turkey & Cheese on Pretzel Roll
 Tuesday: *Ham & Cheese Sub
 Wednesday: Sun Butter & Jelly on Whole Wheat
 Thursday: Turkey & Cheese on Pretzel Roll
 Friday: *Ham & Cheese Sub