



Monday

Tuesday

Wednesday

Thursday

Friday



5
Labor Day
No School

6
French Toast Sticks
Sweet Potato Home Fries
NYS Apple
NYS Milk

7
Chicken Tenders
Crinkle Fries
Garlic Breadstick
Assorted Fruit
NYS Milk

1
8
Baked Macaroni & Cheese
Garlic Breadstick
NYS Local Green Salad
Assorted Fruit
NYS Milk

2
9
Cheese Pizza
Cucumbers & Dip
Assorted Fruit
NYS Milk

12
Waffles
Turkey Sausage
NYS Apple/Craisins
Sweet Potato Home Fries
NYS Milk

13
Loaded Soft Tacos
(taco meat, cheese, salsa, sour cream)
Chickpea, Tomato, & Cucumber Salad
Assorted Fruit
NYS Milk

14
Crispy Chicken Sandwich
w/ Special Sauce & Pickles
Waffle Fries
Assorted Fruit
NYS Milk

15
Popcorn Chicken
Biscuit
Caesar Salad
Assorted Fruit
NYS Milk

16
Cheese Pizza
Pizza Green Beans
Assorted Fruit
NYS Milk

19
Breakfast Bowl
(tater tots, scrambled eggs, cheese)
Salsa & Corn Muffin
Assorted Fruit
NYS Milk

20
Loaded Taco Fries
(potato wedge, taco meat, cheese)
Tortilla Chips
Taco Fiesta Beans
Assorted Fruit
NYS Milk

21
Chicken Tenders
Crinkle Fries
Garlic Breadstick
Assorted Fruit
NYS Milk

22
Pasta with Meat Sauce
Dinner Roll
Garlic Green Beans
Assorted Fruit
NYS Milk

23
Cheese Pizza
NYS Local Green Salad
Assorted Fruit
NYS Milk

26
Waffles
Turkey Sausage Links
Sweet Potato Home Fries
Assorted Fruit
NYS Milk

27
Loaded Nachos
(tortilla chips, taco meat, nacho cheese)
Salsa & Sour Cream
Cheesy Bean Dip
Assorted Fruit
NYS Milk

28
Chicken Nuggets
Mashed Potatoes & Corn
Garlic Breadstick
Assorted Fruit
NYS Milk

29
NYS Cheeseburger
Caesar Salad
Assorted Fruit
NYS Milk

30
Cheese Pizza
Fresh Garlic Green Beans
Assorted Fruit
NYS Milk

Menus are pork free

Menu is subject to change, notice posted when available. The institution is an equal opportunity provider



SEPTEMBER 2022

Breakfast and Alternate Lunch Options

Breakfast Choices:

Breakfast Sandwich (Egg & Cheese or Sausage, Egg, & Cheese)
Assorted Cereal w/ Graham Crackers
Whole Grain Bagel with Cream Cheese
Whole Grain Muffin w/ Graham Crackers
Served with: 100% fruit juice, fruit of the day, and choice of milk

Alternate Lunch Options:

Sandwich of the Day
Salad of the Day
Protein Box (Chips, Hummus, Cheese, Vegetable, Fruit, Choice of Milk)
Crispy Chicken Sandwich (Fruit, Vegetable, Choice of Milk)

Sandwich of the Day

Turkey & Cheese Sub (M,T,W)
Ham & Cheese on Kaiser Roll (Th, F)
Sun Butter & Jelly (Daily)
Served with: Fresh Veggie of Day, Fruit, Choice of Milk
****Turkey products used for sandwiches****

Salad of the Day

Crispy Chicken Salad (M,W,F)
Chicken Caesar Salad (T, Th)
Served With: Fresh Veggie of Day, Fruit, WG Roll, Choice of Milk



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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