

OCTOBER 2023

High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken Sandwich w/pickles & special sauce Seasoned Curly Fries Rainbow Pepper Sticks w/Dip Assorted Fruit NYS Milk	Egg Bake 3 (Egg, Sausage & Cheese) Hashbrown Patty Assorted Fruit Orange Juice NYS Milk	Crispy Chicken Tenders4 with assorted dipping sauces Garlic Texas Toast Fresh Veggie w/Hummus Assorted Fruit NYS Milk	Macaroni & Cheese Bar w/Buffalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes Assorted Fruit & Apple Slices NYS Milk	6 NO SCHOOL SUPERINTENDANT'S DAY
9 Columbus Day No School	Bistro Cheeseburger 10 (Plain, cheese or bacon) Seasoned Curly Fries Rainbow Pepper Sticks & Dip Assorted Fruit NYS Milk	Popcorn Chicken Bowl w/mashed potato, cheese & gravy Dinner Roll & Yellow Corn Fresh Veggie w/Hummus Assorted Fruit NYS Milk	Gen Tso Chicken 12 Fried Rice & Mini Egg Roll Stir Fry Vegetables Assorted Fruit NYS Milk	Pepperoni or Cheese Pizza Steamed Mixed Veggie Caesar Salad Assorted Fruit NYS Milk
BBQ Pulled Pork Sandwich on Kaiser Roll Baked Potato Chips Coleslaw & Baby Carrots Assorted Fruit & Grape Juice NYS Milk	Ultimate Nachos 17 (Seasoned Meat/Bean & Cheese) Guacamole, Olives, Jalapenos Salsa & Sour Cream Assorted Fruit & Apple Slices NYS Milk	Grilled Chicken Wrap (Buffalo or Caesar) French Fries Fresh Veggie w/Dip Assorted Fruit NYS Milk	Baked Ziti Marinara 19 (Rotini Pasta w/Meat Sauce) Breadstick & Green Beans Fresh Grape Tomatoes Assorted Fruit & Apple Slices NYS Milk	Pepperoni or Cheese Pizza Steamed Mixed Veggie Garden Salad Assorted Fruit NYS Milk
Ham & Cheese on a Pretzel Roll Tomato Soup Fresh Veggie Cup w/Dip Assorted Fruit NYS Milk	French Toast Sticks 24 Double Hashbrown Patties Yogurt Cup 100% Orange Juice Fruit Choice & Syrup Cup NYS Milk	Crispy Chicken Tenders 25 with assorted dipping sauces Corn Muffin Fresh Veggie w/Hummus Assorted Fruit NYS Milk	Macaroni & Cheese Bar w/Buffalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes Assorted Fruit & Apple Slices NYS Milk	Pepperoni or Cheese Pizza Steamed Mixed Veggie Caesar Salad Assorted Fruit NYS Milk
30 Meatball Sliders (2) Tossed Salad Assorted Fruit NYS Milk	Build your Own Burrito Bowl 31 (Rice, seasoned chicken, beans) Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Fruit Choice NYS Milk	Happy Hallow	ween 🏋 🕠	

We are striving to support our New York State food producers. Items highlighted in green are NYS food products.

Pork Free Menu is Available Daily Upon Request (turkey alternatives)

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