



NYS Apples
NYS Cauliflower
NYS Kale
NYS Broccoli
NYS Bell Peppers



October 2024



Lunch

School Name



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meat and Cheese Burritos	2 Hot Dogs	3 Popcorn Chicken with Honey Mustard Dipping Sauce	4 Pepperoni Pizza
	Romaine Lettuce 1c=1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Broccoli 1/2c Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Bell Peppers 3/4c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	French Fries 3/4c Baked Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
7 Philly Cheesesteak	8 Spaghetti and Meatballs	9 Chicken Nugget Caesar Salad	10 Cheeseburger	11 Buffalo Chicken Pizza
Mixed Vegetables 1/2c Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Carrots 3/4c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Fresh Carrots 3/4c NYS Cauliflower 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Baked Beans 3/4c 1c Romaine Lettuce= 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
14 No School	15 Cannon Ball Canoes (Meatballs and sauce with a Breadstick in a Boat)	16 Maple Syrup Seas (Chicken Patty on Maple Flat Bread)	17 Pirates Gold (Buffalo Chicken Mac-n-Cheese)	18 Peg Leg Pizza
Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Corn 3/4c Mixed Vegetables 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Sweet Potatoes 3/4c Black Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Kale 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	1c Romaine Lettuce=1/2c Green Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
21 Turkey Dogs	22 Meat and Cheese Burritos	23 BBQ Chicken Sandwich	24 Turkey Melt on a Croissant	25 Chef's Choice Pizza
Steamed Carrots 3/4c Baked Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	1c Romaine Lettuce =1/2c Roasted Potatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Broccoli 1/2c 1c Romaine Lettuce=1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Fresh Carrot sticks 3/4c Mixed Vegetables 3/4c NYS Pears 1/2c Milk-8oz
28 Cheeseburger	29 Chicken Patty Club	30 BBQ Meatballs Over Rice	31 Walking Zombie Tacos Doritos, Taco Meat, Cheese	
Cucumbers 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Carrots 1/2c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Creepy Corn 1/2c Green Bean Fingers 1/2c Poison Apple 1/2c 'EEK' Side Kick Frozen juice=1/2c Milk-8oz	

NYS LOCAL FOODS
*Upstate Farms
Milk, Yogurt, Sour Cream
Eden Valley Growers
Assorted Varieties of Apples
Eden Valley Growers
Assorted Fruits & Vegetables
used in Meal Program
highlighted in green

The Following Entrees Served Daily:

6" Subs (2M2G) Tuesday

Fresh Julienne and Specialty Salads
(Includes Dinner Roll) 2M2G

Peanut Butter & Jelly Sandwich (2M2G)

Pizza- Friday

Offered daily with all School Lunches:

Fresh or Prepared Fruit
(Must take 1/2 cup of Fruit or Vegetable – may take up to 1 cup)

NY State 8oz 1% or Skim White Milk
Fat Free Chocolate Milk

If your son/daughter has a particular food allergy, please contact the Health Service office and foodservice@ (716)783.3100

Happy Halloween

All Meals are Free for Stu-