



**November
2024**



Lunch
Gateway-
Lanquar



NYS Apples
NYS Brussel Sprouts
NYS Kale
NYS Chips

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Veggie Pizza French Fries 3/4c Baked Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
4 Cheeseburgers Mixed Vegetables 1/2c Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	5 Meat and Cheese Burritos Corn 1/2 c Fresh or Prepared Fruit 1/2c Milk-8oz	6 Hot Dogs Steamed Carrots 3/4c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	7 Chicken Tenders with Dipping Sauce Fresh Carrots 1/2c NYS Seasoned Kale 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	8 Staff Development Day
No School Veterans Day	12 BBQ Burgers Steamed Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	13 Chicken Tenders Sweet Potatoes 3/4c Black Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	14 Meatball Mac and Cheese NYS Brussel Sprouts 1/2c Fresh Carrots 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	15 Buffalo Chicken Pizza 1c Romaine Lettuce=1/2c Green Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
18 Mickey Mouse Birthday Grilled Cheese Sandwiches And Cherry/Blue Raspberry Juice Rush Steamed Carrots 3/4c Baked Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	19 Nacho Grande 1c Romaine Lettuce =1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	20 Cajun Chicken Strips Over Rice Broccoli 1/2c Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	21 Cheeseburger NYS Chips 1/2c 1c Romaine Lettuce=1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	22 Pepperoni Pizza Fresh Carrot sticks 3/4c Mixed Vegetables 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
25 Meat and Cheese Burritos Cucumbers 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	26 Roast Turkey and Gravy Sweet Potatoes Broccoli 1/2c Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	27 	28 	29

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:

Tuesday-6" Subs (2M2G)

Julienne and Specialty Salads (Includes Dinner Roll) 2M2G

Peanut Butter & Jelly Sandwich (2M2G)

Friday- Pizza Day

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

All Meals are Free for Stu-

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