



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 <b>Milk-8oz</b>	Broccoli 1/2c Corn 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	NYS Bell Peppers 3/4c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	French Fries 3/4c Baked Beans 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>
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 <b>Milk-8oz</b>	Corn 3/4c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	Steamed Carrots 3/4c Peas 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	Fresh Carrots 3/4c NYS Cauliflower 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	Baked Beans 3/4c 1c Romaine Lettuce= 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>
14 <b>No School</b>	15 <b>Cannon Ball Canoes</b> (Meatballs and sauce with a Breadstick in a Boat)	16 <b>Maple Syrup Seas</b> (Chicken Patty on Maple Flat Bread)	17 <b>Pirates Gold</b> (Buffalo Chicken Mac-n-Cheese)	18 <b>Peg Leg Pizza</b>
Broccoli 3/4c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	Steamed Corn 3/4c Mixed Vegetables 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	Sweet Potatoes 3/4c Black Beans 3/4c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	NYS Kale 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	1c Romaine Lettuce=1/2c Green Beans 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>
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 <b>Milk-8oz</b>	1c Romaine Lettuce =1/2c Roasted Potatoes 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	Corn 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	NYS Broccoli 1/2c 1c Romaine Lettuce=1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	Fresh Carrot sticks 3/4c Mixed Vegetables 3/4c NYS Pears 1/2c <b>Milk-8oz</b>
28 Cheeseburger	29 Chicken Patty Club	30 BBQ Meatballs Over Rice	31 <b>Walking Zombie Tacos</b> Doritos, Taco Meat, Cheese	
Cucumbers 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	Steamed Carrots 1/2c Peas 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	Creepy Corn 1/2c Green Bean Fingers 1/2c Poison Apple 1/2c 'EEK' Side Kick Frozen juice=1/2c <b>Milk-8oz</b>	

**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@](mailto:foodservice@)  
**(716)783.3100**

All Meals are Free for Stu-

Happy Halloween