



# LUNCH

## OCTOBER 2017 Child Nutrition Program

## PreK-Grade 8

### Monday

**2**  
Grilled Cheese Sandwich  
Potato Smiles,  $\frac{1}{2}$  cup  
Black Bean Salad,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk



**16**  
Baked Macaroni & Cheese  
Sautéed Broccoli,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**23**  
Three-Bean Chili  
Seasoned Brown Rice  
Roasted Broccoli,  $\frac{1}{2}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

**30**  
Three-Cheese Quesadilla  
Steamed Green Beans,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

### Tuesday

**3**  
Chicken Alfredo Penne Pasta  
Sautéed Broccoli,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**10**  
Chicken Smackers with BBQ Sauce  
Sweet Potato Fries,  $\frac{3}{4}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

**17**  
Taco Tuesday  
Pork Taco on Soft Shell  
Tomato Salsa,  $\frac{1}{2}$  oz  
Potato Smiles,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**24**  
Oven Breaded Chicken  
Bread Slice  
Mashed Potatoes,  $\frac{1}{2}$  cup  
Sautéed Green Beans,  $\frac{1}{2}$  cup  
Applesauce  
Choice of Milk

**31**  
Happy Halloween  
Chicken Smackers with Orange Sauce  
Carrot Sticks,  $\frac{1}{2}$  cup  
Fresh Orange Wedges,  $\frac{1}{2}$  cup  
Halloween Cookie Treat  
Choice of Milk

### Wednesday

**4**  
Southwest Day  
Nachos with Beef  
Brown Rice and Beans  
Red Pepper Strips,  $\frac{1}{4}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**11**  
Italian Day  
Chicken Parmigiana  
Fresh Baked Breadstick  
Sautéed Spinach,  $\frac{1}{2}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

**18**  
Asian Day  
Sweet & Sour Chicken  
Seasoned Brown Rice  
Steamed Green Beans,  $\frac{1}{2}$  cup  
Chilled Peach Cup,  $\frac{1}{2}$  cup  
Fortune Cookie  
Choice of Milk

**25**  
Build Your Own Burger  
Hamburger on Baked Bun  
American Cheese & Sliced Tomato  
Potato Smiles,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

### Thursday

**5**  
Mozzarella Sticks &  
Chicken Smackers COMBO!  
Rotini Pasta Salad  
Carrot Sticks,  $\frac{1}{2}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

**12**  
Hot Turkey Ham Sandwich  
Baked Vegetarian Beans,  $\frac{1}{2}$  cup  
Potato Smiles,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**19**  
FarmOn! Big Apple Church  
Boneless Pork Chop on Baked Bun  
Sweet Potato Fries,  $\frac{3}{4}$  cup  
Fresh Red Apple,  $\frac{1}{2}$  cup  
Choice of Milk

**26**  
Try Something New Thursday  
Italian Style Turkey Meatball  
on 6" Hero with Parmesan Cheese  
Sweet Potato Fries,  $\frac{3}{4}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

### Friday

**6**  
Cheese Pizza  
Zucchini Parmesan,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**13**  
Homemade Baked Ziti  
Sautéed Green Beans,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**20**  
Fiestada Pizza  
Roasted Chickpeas,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**27**  
EST. 1943 UNO PIZZERIA & GRILL  
Cheese Pizza  
Black Bean Salad,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

#### Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches  
American Cheese Sandwiches

A side salad of leafy dark green vegetable is offered daily.  
Milk is available with every meal. Choose 1% White Milk or Fat Free White Milk daily.  
Fat Free Chocolate milk is available **Tuesdays** and **Thursdays**.

Select a fruit **AND/OR** vegetable with your sandwich.

You may also choose your choice of milk.

**ALL GRAIN PRODUCTS ARE WHOLE GRAIN.**

**MENUS MUST BE POSTED AT ALL TIMES FOR NEW YORK STATE INSPECTION. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.**