



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.