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|           |                        | <b>Strawberry Bagel Bites</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>1 | <b>Cereal and Graham Crackers</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>2      | <b>4 oz. Chocolate Chip Muffin</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>3 |
| <b>Nutrigrain Bar &amp; Crackers</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>6  | <b>Strawberry Breakfast Bar</b><br>Graham Crackers<br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>7  | <b>Mini Waffles</b><br>4 oz. Juice/ Fresh Fruit<br>Chilled Milk<br><br>8          | <b>Pop Tart &amp; Graham Crackers</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>9  | <b>French Toast Sticks</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>10        |
| <b>Cereal Bar and Crackers</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>13       | <b>Apple Oatmeal Bar</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>14                           | <b>Cinni Minis</b><br>4 oz. Juice/ Fresh Fruit<br>Chilled Milk<br><br>15          | <b>Cereal and Crackers</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>16            | <b>4 oz. Blueberry Muffin</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>17     |
| <b>Nutrigrain Bar &amp; Crackers</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>20 | <b>Strawberry Breakfast Bar</b><br>Graham Crackers<br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>21 | <b>Mini Waffles</b><br>4 oz. Juice/ Fresh Fruit<br>Chilled Milk<br><br>22         | <b>Pop Tart &amp; Graham Crackers</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>23 | <b>French Toast Sticks</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>24        |
| <b>Cereal Bar and Crackers</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>27       | <b>Apple Oatmeal Bar</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>28                           | <b>Cinni Minis</b><br>4 oz. Juice/ Fresh Fruit<br>Chilled Milk<br><br>29          | <b>Cereal and Crackers</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>30            | <b>4 oz. Blueberry Muffin</b><br>4 oz. Juice/Fresh Fruit<br>Chilled Milk<br><br>31     |

If your child has an allergy please notify the school nurse. Lactose allergies must be documented by a health care professional.  
 If you have any questions or concerns please contact Cindy Yonkers, Food Service Director at 518-360-6152.

**\*PLEASE NOTE\* Items with a \* contain PORK**

Menu subject to change without notice An 8oz milk is offered with each meal.  
 Fat free white, 1% white and fat free chocolate milk offered at lunch. Fresh Fruit offered daily.  
 USDA is an equal opportunity provider, employer and lender.



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|--|---|---|---|--|
|                |            | <p>Oven Roasted Chicken<br/>Cheesy Potatoes<br/>Applesauce Cup<br/>Chilled Milk<br/>1</p>           | <p>Beef Chili &amp; Cornbread<br/>Green Beans<br/>Diced Pears<br/>Chilled Milk<br/>2</p>            | <p>Turkey Sandwich<br/>Carrotinis<br/>Fresh Apple<br/>Chilled Milk<br/>1/2 Day<br/>3</p>     |
| <p>Walking Chicken Taco<br/>Chili Black Beans<br/>Fresh Apple<br/>Chilled Milk<br/>6</p>       | <p>Pasta &amp; Meat Sauce<br/>Italian Greens<br/>Mixed Fruit<br/>Chilled Milk<br/>7</p>     | <p>BBQ Chicken on a Bun<br/>Potato Smiles<br/>Banana<br/>Chilled Milk<br/>8</p>                     | <p>Grilled Cheese Sandwich<br/>Crunchy Cucumber Sticks<br/>Diced Peaches<br/>Chilled Milk<br/>9</p> | <p>Chef salad<br/>Fresh Orange<br/>Chilled Milk<br/>1/2 Day<br/>10</p>                       |
| <p>Chicken &amp; Mashed Potato<br/>Bowl<br/>Yummy Corn<br/>Applesauce Cup<br/>Chilled Milk</p> | <p>Crunchy Turkey Tacos<br/>Lettuce and Salsa<br/>Diced Peaches<br/>Chilled Milk<br/>14</p> | <p>French Bread Pizza<br/>Broccoli Dunkers<br/>Banana<br/>Chilled Milk<br/>15</p>                   | <p>Crispy Chicken Sandwich<br/>Veggie Baked Beans<br/>Diced Pears<br/>Chilled Milk<br/>16</p>       | <p>American Mixed Sub<br/>Carrotinis<br/>Fresh Apple<br/>Chilled Milk<br/>1/2 Day<br/>17</p> |
| <p>Bean and Cheese Burrito<br/>Lemony Green Beans<br/>Fresh Apple<br/>Chilled Milk<br/>20</p>  | <p>Chicken Nuggets<br/>Mixed Vegetables<br/>Diced Pears<br/>Chilled Milk<br/>21</p>         | <p>Chicken Gyro<br/>Ranch Chopped Salad<br/>Banana<br/>Chilled Milk<br/>22</p>                      | <p>Meatball Sub<br/>Tuscan Bean Salad<br/>Peach Cup<br/>Chilled Milk<br/>23</p>                     | <p>Chef Salad<br/>Applesauce Cup<br/>Chilled Milk<br/>1/2 Day<br/>24</p>                     |
| <p>Chicken Pizza Quesadilla<br/>Steamed Broccoli<br/>Craisins<br/>Chilled Milk<br/>27</p>      | <p>Jamaican Beef Pattie<br/>Street Corn Salad<br/>Diced Pears<br/>Chilled Milk<br/>28</p>   | <p>Chicken Poke Bowl with Rice<br/>Peppers and Carrots<br/>Fresh orange<br/>Chilled Milk<br/>29</p> | <p>Sofrito Chicken<br/>Red Beans &amp; Rice<br/>Pineapple Tidbits<br/>Chilled Milk<br/>30</p>       | <p>Turkey Sandwich<br/>Celery Sticks<br/>Fresh Apple<br/>Chilled Milk<br/>1/2 Day<br/>31</p> |

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|  |   |                                   |  |                                |
|--|---|-----------------------------------|--|--------------------------------|
|  |  | Cheez-its<br>6 oz Juice<br><br>1  | Scooby Snacks<br>6 oz. Juice<br><br>2  | Half Day<br>No Snack<br><br>3  |
| Giant Goldfish<br>6 oz. Juice<br><br>6   | Tiger Bites<br>6 oz. Juice<br><br>7   | Cheez-its<br>6 oz Juice<br><br>8  | Scooby Snacks<br>6 oz. Juice<br><br>9  | Half Day<br>No Snack<br><br>10 |
| Giant Goldfish<br>6 oz. Juice<br><br>13  | Tiger Bites<br>6 oz. Juice<br><br>14  | Cheez-its<br>6 oz Juice<br><br>15 | Scooby Snacks<br>6 oz. Juice<br><br>16 | Half Day<br>No Snack<br><br>17 |
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