







September Breakfast 2023

				Warm Bagel & Cream Cheese 4 oz. Juice/Fresh Fruit Chilled Milk 1
Labor Day No School 4	French Toast Sticks 4 oz. Juice/ Fresh Fruit Chilled Milk 5	Cereal Bar & Graham Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 6	Yogurt & Graham Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 7	Warm 4 oz. Apple Muffin 4 oz. Juice/Fresh Fruit Chilled Milk 8
Strawberry Bagel Bites 4 oz. Juice/Fresh Fruit Chilled Milk 11	French Toast Sticks 4 oz. Juice/ Fresh Fruit Chilled Milk 12	Warm Bagel & Cream Cheese 4 oz. Juice/Fresh Fruit Chilled Milk 13	Maple Cinnamon Pancakes 4 oz. Juice/Fresh Fruit Chilled Milk 14	Warm 4 oz. Corn Muffin 4 oz. Juice/Fresh Fruit Chilled Milk 15
Cinni Minis 4 oz. Juice/Fresh Fruit Chilled Milk 18	French Toast Sticks 4 oz. Juice/ Fresh Fruit Chilled Milk 19	Warm Bagel & Cream Cheese 4 oz. Juice/Fresh Fruit Chilled Milk 20	Mini Waffles 4 oz. Juice/Fresh Fruit Chilled Milk 21	Warm 4 oz. Banana Muffin 4 oz. Juice/Fresh Fruit Chilled Milk 22
Strawberry Bagel Bites 4 oz. Juice/Fresh Fruit Chilled Milk 25	French Toast Sticks 4 oz. Juice/ Fresh Fruit Chilled Milk 26	Warm Bagel & Cream Cheese 4 oz. Juice/Fresh Fruit Chilled Milk 27	Maple Cinnamon Pancakes 4 oz. Juice/Fresh Fruit Chilled Milk 28	Warm 4 oz. Blueberry Muffin 4 oz. Juice/Fresh Fruit Chilled Milk 29

If your child has an allergy please notify the school nurse. Lactose allergies must be documented by a health care professional.

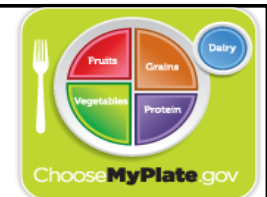
If you have any questions or concerns please contact Cindy Yonkers, Food Service Director at 518-360-6152.

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.





September 2023 Lunch

<p>New Lunch of the Month Chicken Pasta Alfredo with Broccoli Vegetable of the Month Broccoli Fruit of the Month Crunchy NY Apple</p>				<p>Chicken Nuggets Carrotinis Craisins Chilled Milk 1</p>
<p>Labor Day No School 4</p>	<p>Popcorn Chicken Green Beans Fresh Apple Chilled Milk 5</p>	<p>Chicken Pasta Alfredo Steamed Broccoli Peach Cup Chilled Milk 6</p>	<p>Homemade Cheese Pizza Veggie Beans Banana Chilled Milk 7</p>	<p>Chicken Nuggets Cherry Tomatoes Applesauce Cup Chilled Milk 8</p>
<p>Chicken & Waffles Yummy Corn Applesauce Cup Chilled Milk 11</p>	<p>Soft Turkey Tacos Lettuce and Salsa Diced Peaches Chilled Milk 12</p>	<p>Crispy Chicken Sandwich Veggie Baked Beans Banana Chilled Milk 13</p>	<p>Cheeseburger on a Bun Broccoli Dunkers Diced Pears Chilled Milk 14</p>	<p>Chicken Nuggets Carrotinis Fresh Apple Chilled Milk 15</p>
<p>BBQ Chicken on a Bun Potato Smiles Fresh Apple Chilled Milk 18</p>	<p>Egg & Cheese Sandwich Mixed Vegetables Banana Chilled Milk 19</p>	<p>Macaroni & Cheese Collard Greens Watermelon Wedge Chilled Milk 20</p>	<p>Homemade Cheese Pizza Chili Black Beans Peach Cup Chilled Milk 21</p>	<p>Chicken Nuggets Red Pepper Slices Applesauce Cup Chilled Milk 22</p>
<p>Roasted Jerk Chicken Mashed Potatoes Applesauce Cup Chilled Milk 25</p>	<p>Pasta with Meatballs Green Beans Strawberry Cup Chilled Milk 26</p>	<p>Sloppy Joe on a Bun Lemony Broccoli Banana Chilled Milk 27</p>	<p>Hot Dog on a Bun BBQ Baked Beans Diced Peaches Chilled Milk 28</p>	<p>Chicken Nuggets Carrotinis Fresh Plum Chilled Milk 29</p>

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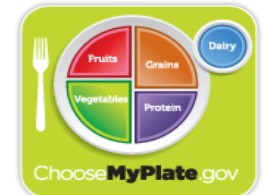
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Cheese Sandwich offered daily

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September 2023 Snack

				No Snack Half Day 1
Labor Day No School 4	Chocolate Chip Oatmeal Bar 6 oz. juice 5	Whole Grain Bunny Friends 6 oz. juice 6	2 oz. Apple Cinnamon Muffin 6 oz. Juice 7	No Snack Half Day 8
Whole Grain Cheetos 6 oz. Juice 11	Whole Grain Tiger Bites 6 oz. Juice 12	Whole Grain Cheezits 6 oz. Juice 13	Smartfood Popcorn 6 oz. Juice 14	No Snack Half Day 15
Whole Grain Bunny Grahams 6 oz. Juice 18	Whole Grain Giant Goldfish 6 oz. Juice 19	Whole Grain Blueberry Poptart 6 oz. Juice 20	Whole Grain Doritos 6 oz. Juice 21	No Snack Half Day 22
Whole Grain Cheezits 6 oz. Juice 25	Oatmeal Bar 6 oz. Juice 26	2 oz. Chocolate Chip Muffin 6 oz. Juice 27	Whole Grain SunChips 6 oz. Juice 28	No Snack Half Day 29

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