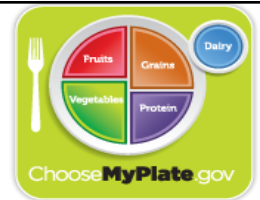


		<b>Warm 3 oz. Corn Muffin</b> <b>4 oz. Juice/ Fresh Fruit</b> <b>Chilled Milk</b> <b>1</b>	<b>Turkey Sausage, Egg and Cheese Pocket</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>2</b>	<b>Data Day</b> <b>No Students</b> <b>3</b>
<b>Cinni Minis</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>6</b>	<b>French Toast Sticks</b> <b>4 oz. Juice/ Fresh Fruit</b> <b>Chilled Milk</b> <b>7</b>	<b>Warm Bagel &amp; Cream Cheese</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>8</b>	<b>Yogurt &amp; Graham Crackers</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>9</b>	<b>Veteran's Day</b> <b>No School</b> <b>10</b>
<b>Strawberry Bagel Bites</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>13</b>	<b>Mini Waffles</b> <b>4 oz. Juice/ Fresh Fruit</b> <b>Chilled Milk</b> <b>14</b>	<b>Cereal Bar &amp; Graham Crackers</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>15</b>	<b>Banana Chocolate Chip Round</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>16</b>	<b>Warm 4 oz. Blueberry Muffin</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>17</b>
<b>Cinni Minis</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>20</b>	<b>French Toast Sticks</b> <b>4 oz. Juice/ Fresh Fruit</b> <b>Chilled Milk</b> <b>21</b>	<b>Thanksgiving Break</b> <b>22</b>	<b>No School</b> <b>23</b>	<b>Enjoy!!</b> <b>24</b>
<b>Apple Oatmeal Bar</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>27</b>	<b>Mini Waffles</b> <b>4 oz. Juice/ Fresh Fruit</b> <b>Chilled Milk</b> <b>28</b>	<b>Warm Cinnamon Swirl</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>29</b>	<b>Yogurt &amp; Graham Crackers</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>30</b>	<b>Warm 4 oz. Chocolate Chip Muffin</b> <b>4 oz. Juice/Fresh Fruit</b> <b>Chilled Milk</b> <b>1</b>


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.





<p><b>Entrée of the Month:</b> <b>Rasta Pasta with Chicken</b> <b>Fruit of the Month:</b> <b>Grapes</b> <b>Vegetable of the Month:</b> <b>Cinnamon Sweet Potatoes</b></p>		<p><b>Cheeseburger Calzone</b> <b>Ranch Chopped Salad</b> <b>Applesauce</b> <b>Chilled Milk</b> <b>1</b></p>	<p><b>Buffalo Chicken Dip &amp; Chips</b> <b>Garlicky Green Beans</b> <b>Diced Pears</b> <b>Chilled Milk</b> <b>2</b></p>	<p><b>Data Day</b> <b>No Students</b>  <b>3</b></p>
<p><b>Popcorn Chicken</b> <b>Cinnamon Sweet Potatoes</b> <b>Fresh Apple</b> <b>Chilled Milk</b> <b>6</b></p>	<p><b>Toasted Cheese Sandwich</b> <b>Mixed Vegetables</b> <b>Fruit Cocktail</b> <b>Chilled Milk</b> <b>7</b></p>	<p><b>Soft Turkey Tacos</b> <b>Lettuce and Salsa</b> <b>Peach Cup</b> <b>Chilled Milk</b> <b>8</b></p>	<p><b>Crispy Chicken Sandwich</b> <b>Veggie Beans</b> <b>Banana</b> <b>Chilled Milk</b> <b>9</b></p>	<p><b>Veteran's Day</b> <b>No School</b>  <b>10</b></p>
<p><b>Cheesy Breadsticks &amp; Sauce</b> <b>Steamed Spinach</b> <b>Fresh Apple</b> <b>Chilled Milk</b> <b>13</b></p>	<p><b>Chicken Pizza Quesadilla</b> <b>Chili Black Beans</b> <b>Diced Peaches</b> <b>Chilled Milk</b> <b>14</b></p>	<p><b>Rasta Pasta with Chicken</b> <b>Yummy Corn</b> <b>Banana</b> <b>Chilled Milk</b> <b>15</b></p>	<p><b>Chicken Nuggets</b> <b>Celery Sticks</b> <b>Craisins</b> <b>Chilled Milk</b> <b>16</b></p>	<p><b>Homemade Cheese Pizza</b> <b>Carrotinis</b> <b>Applesauce Cup</b> <b>Chilled Milk</b> <b>17</b></p>
<p><b>Chicken Corn Dog</b> <b>BBQ Baked Beans</b> <b>Fresh Apple</b> <b>Chilled Milk</b> <b>20</b></p>	<p><b>Chicken &amp; Gravy/ Stuffing</b> <b>Mashed Potatoes</b> <b>Applesauce Cup</b> <b>Chilled Milk</b> <b>21</b></p>	<p><b>Thanksgiving Break</b>  <b>22</b></p>	<p><b>No School</b>  <b>23</b></p>	<p><b>Enjoy!!</b>  <b>24</b></p>
<p><b>Meatballs &amp; Sauce/ Roll</b> <b>Garlicky Green Beans</b> <b>Fresh Apple</b> <b>Chilled Milk</b> <b>27</b></p>	<p><b>Turkey Bacon Cheesy Croissant</b> <b>Collard Greens</b> <b>Mandarin Oranges</b> <b>Chilled Milk</b> <b>28</b></p>	<p><b>Beef Chili &amp; Cornbread</b> <b>Pinto Beans</b> <b>Grapes</b> <b>Chilled Milk</b> <b>29</b></p>	<p><b>Hot Dog on a Bun</b> <b>Cheesy Potatoes</b> <b>Peach Cup</b> <b>Chilled Milk</b> <b>30</b></p>	

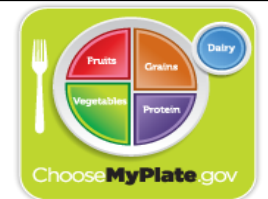
If your child has an allergy please notify the school nurse. Lactose allergies must be documented by a health care professional.  
If you have any questions or concerns please contact Cindy Yonkers, Food Service Director at 518-360-6152.


Cheese Sandwich offered Daily

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.



Cheezits 6 oz. Juice  30	Oatmeal Bar 6 oz. Juice  31	Cereal Bar 6 oz. Juice  1	Sunchips 6 oz. Juice  2	Data Day No School  3
Giant Goldfish 6 oz. Juice  6	Scooby Snacks 6 oz. Juice  7	Bunny Friends 6 oz. Juice  8	Cheetos 6 oz. Juice  9	Veteran's Day No School  10
Bunny Grahams 6 oz. Juice  13	Tiger Bites 6 oz. Juice  14	Cheezits 6 oz. Juice  15	No Snack Half Day  16	No Snack Half Day  17
Caramel Rice Cakes 6 oz. Juice  20	Scooby Snacks 6 oz. Juice  21	Thanksgiving Break   22	No School   23	Enjoy!!   24
Oatmeal Bar 6 oz. Juice  27	Sunchips 6 oz. Juice  28	Blueberry Poptart 6 oz. Juice  29	Doritos 6 oz. Juice  30	

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.

