

	<b>Soft Breakfast Square</b> <b>Fresh Fruit/Juice</b> <b>Chilled Milk</b> <b>1</b>	<b>Mini Waffles</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>2</b>	<b>Warm Cinni Minis</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>3</b>	<b>Warm Bagel &amp; Cream Cheese</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>4</b>
<b>Turkey Sausage</b> <b>Pancake Wrap</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>7</b>	<b>French Toast Sticks</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>8</b>	<b>Warm Biscuit w/ Jelly &amp; Butter</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>9</b>	<b>Dutch Waffle</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>10</b>	<b>Warm 3 oz. Corn Muffin</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>11</b>
<b>No School</b> <b>Indigenous Peoples' Day</b> <b>14</b>	<b>Mini Pancakes</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>15</b>	<b>Egg Patty &amp; 1/2 English Muffin</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>16</b>	<b>Warm Cinnamon Swirl</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>17</b>	<b>Warm Bagel w/ Cream Cheese</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>18</b>
<b>Mini Waffles</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>21</b>	<b>Three Cheese Egg Bite/Biscuit</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>22</b>	<b>Toasted English Muffin with</b> <b>Butter &amp; Jelly</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>23</b>	<b>Yogurt &amp; Granola</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>24</b>	<b>Warm Apple Cinnamon Muffin</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>25</b>
<b>Turkey Sausage</b> <b>Pancake Wrap</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>28</b>	<b>Mini Pancakes</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>29</b>	<b>French Toast Bites</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>30</b>	<b>Warm Chocolate Swirl</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>31</b>	

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

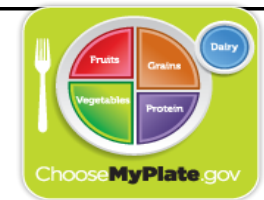
If you have any questions or concerns please contact Cindy Yonkers, Food Service Director at 518-360-6152.

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.

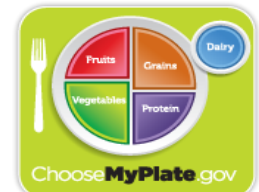
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	<p><b>Chicken Corn Dog</b> <b>Veggie Baked Beans</b> <b>Fresh Apple</b> <b>Chilled Milk</b> 1</p>	<p><b>Oven Roasted Chicken/Roll</b> <b>Broccoli Dunkers</b> <b>Diced Pears</b> <b>Chilled Milk</b> 2</p>	<p><b>Chicken Gyro/Pita</b> <b>Lettuce &amp; Tzatziki</b> <b>Blueberries</b> <b>Chilled Milk</b> 3</p>	<p><b>Turkey Pepperoni Pizza</b> <b>Yummy Corn</b> <b>Craisins</b> <b>Chilled milk</b> 4</p>
<p><b>Mozzarella Sticks &amp; Sauce</b> <b>Garlicky Green Beans</b> <b>Diced Peaches</b> <b>Chilled Milk</b> 7</p>	<p><b>BBQ Chicken on a Bun</b> <b>Potato Smiles</b> <b>Banana</b> <b>Chilled Milk</b> 8</p>	<p><b>Cheesy Salsa Chicken &amp; Rice</b> <b>Chili Black Beans</b> <b>Mixed Fruit</b> <b>Chilled Milk</b> 9</p>	<p><b>Hamburger on a Bun</b> <b>Ranch Chopped Salad</b> <b>Diced Pears</b> <b>Chilled Milk</b> 10</p>	<p><b>Chicken Nuggets</b> <b>Carrotinis</b> <b>Applesauce Cup</b> <b>Chilled milk</b> 11</p>
<p><b>No School</b> <b>Indigenous Peoples' Day</b>  14</p>	<p><b>Chicken Tenders</b> <b>Seasoned Yams</b> <b>Fresh Apple</b> <b>Chilled Milk</b> 15</p>	<p><b>Turkey Hot Dog on a Bun</b> <b>BBQ Baked Beans</b> <b>Diced Pears</b> <b>Chilled Milk</b> 16</p>	<p><b>Grilled Chicken Sandwich</b> <b>Potato Salad</b> <b>Applesauce Cup</b> <b>Chilled Milk</b> 17</p>	<p><b>Homemade Cheese Pizza</b> <b>Celery Sticks</b> <b>Craisins</b> <b>Chilled Milk</b> 18</p>
<p><b>Cheesy Breadsticks &amp; Sauce</b> <b>Italian Greens &amp; Beans</b> <b>Mixed Fruit</b> <b>Chilled Milk</b> 21</p>	<p><b>Crispy Chicken Sandwich</b> <b>Cheesy Potatoes</b> <b>Diced Pears</b> <b>Chilled Milk</b> 22</p>	<p><b>Beef Chili &amp; Cornbread</b> <b>Pinto Beans</b> <b>Fresh Apple</b> <b>Chilled Milk</b> 23</p>	<p><b>Turkey Ham &amp; Cheese Croissant</b> <b>Cucumber Sticks</b> <b>Blueberries</b> <b>Chilled Milk</b> 24</p>	<p><b>Chicken Nuggets</b> <b>Cherry Tomatoes</b> <b>Applesauce Cup</b> <b>Chilled Milk</b> 25</p>
<p><b>Chicken &amp; Waffles</b> <b>Yummy Corn</b> <b>Pineapple Tidbits</b> <b>Chilled Milk</b> 28</p>	<p><b>Grilled Cheese Sandwich</b> <b>Cowboy Beans</b> <b>Diced Peaches</b> <b>Chilled Milk</b> 29</p>	<p><b>Baby Shower Meatballs/Roll</b> <b>Cole Slaw</b> <b>Mixed Fruit</b> <b>Chilled Milk</b> 30</p>	<p><b>General Tso's Chicken</b> <b>Steamed Broccoli</b> <b>Mandarin Oranges</b> <b>Chilled Milk</b> 31</p>	

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Cheese Sandwich offered daily.

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	<b>Cheezits Banana</b>  1	<b>Ranch Rice Crisps String Cheese Stick</b>  2	<b>2 oz. Apple Muffin Craisins</b>  3	<b>No Snack Half Day</b>  4
<b>Chocolate Chip Oatmeal Bar Fresh Apple</b>  7	<b>Doritos Fresh Pear</b>  8	<b>Tostitos Scoops Salsa Cup</b>  9	<b>Tiger Bites String Cheese Stick</b>  10	<b>No Snack Half Day</b>  11
<b>No School Indigenous Peoples' Day</b>  14	<b>Sunchips Fresh Apple</b>  15	<b>Caramel Rice Crisps Banana</b>  16	<b>Scooby Snacks String Cheese Stick</b>  17	<b>No Snack Half Day</b>  18
<b>Strawberry Cereal Bar Fresh Apple</b>  21	<b>Cheetos Fresh Pear</b>  22	<b>Veggies with Dip 1/2 Pita</b>  23	<b>Giant Goldfish String Cheese Stick</b>  24	<b>No Snack Half Day</b>  25
<b>Mini Cornbread Fresh Apple</b>  28	<b>Apple Cinnamon Rice Crisps String Cheese Stick</b>  29	<b>Sunbutter Cup Celery Sticks</b>  30	<b>2 oz. Banana Muffin Fresh Pear</b>  31	

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