



	<b>Turkey Sausage &amp; Egg Pocket</b> Fresh/Cupped Fruit Chilled Milk 1	<b>Chocolate Banana Oatmeal Round</b> Fresh/Cupped Fruit Chilled Milk 2	<b>Dutch Waffle</b> Fresh/Cupped Fruit Chilled Milk 3	<b>Warm Blueberry Muffin</b> Fresh/Cupped Fruit Chilled Milk 4
<b>Breakfast Pizza</b> Fresh/Cupped Fruit Chilled Milk 7	<b>Mini Waffles</b> Fresh/Cupped Fruit Chilled Milk 8	<b>Strawberry Shortcake Biscuit</b> Fresh/Cupped Fruit Chilled Milk 9	<b>Turkey Sausage &amp; Eggs Dinner Roll</b> Fresh/Cupped Fruit Chilled Milk 10	<b>Bagel with Cream Cheese</b> Fresh/Cupped Fruit Chilled Milk 11
<b>No School</b> <b>Indigenous Peoples' Day</b> 14	<b>French Toast Bites</b> Fresh/Cupped Fruit Chilled Milk 15	<b>Turkey Sausage Pancake Wrap</b> Fresh/Cupped Fruit Chilled Milk 16	<b>Chocolate Swirls</b> Fresh/Cupped Fruit Chilled Milk 17	<b>Warm 3 oz. Corn Muffin</b> Fresh/Cupped Fruit Chilled Milk 18
<b>Three Cheese Egg Bite/Biscuit</b> Fresh/Cupped Fruit Chilled Milk 21	<b>Toasted English Muffin</b> Fresh/Cupped Fruit Chilled Milk 22	<b>Chicken Waffle Bites/Dinner Roll</b> Fresh/Cupped Fruit Chilled Milk 23	<b>French Toast Sticks</b> Fresh/Cupped Fruit Chilled Milk 24	<b>Bagel with Cream Cheese</b> Fresh/Cupped Fruit Chilled Milk 25
<b>Cinni Minis</b> Fresh/Cupped Fruit Chilled Milk 28	<b>Cornbread Bites</b> Fresh/Cupped Fruit Chilled Milk 29	<b>Cheese Omelet with 1/2 English Muffin</b> Fresh/Cupped Fruit Chilled Milk 30	<b>Strawberry Bagel Bites</b> Fresh/Cupped Fruit Chilled Milk 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.**

**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.**



	<b>Chicken Corn Dog</b> <b>Smoky Collard Greens</b> <b>Fresh Apple</b> <b>Chilled Milk</b> <b>1</b>	<b>BBQ Chicken on a Bun</b> <b>Veggie Baked Beans</b> <b>Diced Peaches</b> <b>Chilled Milk</b> <b>2</b>	<b>Jerk Roasted Chicken/Roll</b> <b>Au Gratin Potatoes</b> <b>Mixed Fruit</b> <b>Chilled Milk</b> <b>3</b>	<b>Crispy Chicken Sandwich</b> <b>Carrotinis</b> <b>Craisins</b> <b>Chilled Milk</b> <b>4</b>
<b>Mozzarella Sticks &amp; Sauce</b> <b>Yummy Corn</b> <b>Diced Pears</b> <b>Chilled Milk</b> <b>7</b>	<b>Crispy Filet of Fish Sandwich</b> <b>Cole Slaw</b> <b>Diced Peaches</b> <b>Chilled Milk</b> <b>8</b>	<b>Meatball Sub</b> <b>Cooked Carrots</b> <b>Banana</b> <b>Chilled Milk</b> <b>9</b>	<b>Cheesy Salsa Chicken</b> <b>with Cornbread</b> <b>Ranch Chopped Salad</b> <b>Fresh Grapes</b> <b>Chilled Milk</b> <b>10</b>	<b>Chicken Nuggets</b> <b>BBQ Baked Beans</b> <b>Applesauce Cup</b> <b>Chilled Milk</b> <b>11</b>
<b>No School</b> <b>Indigenous peoples' Day</b> <b>14</b>	<b>Turkey Pepperoni Pizza</b> <b>Steamed Broccoli</b> <b>Fresh Apple</b> <b>Chilled Milk</b> <b>15</b>	<b>Turkey Taco Salad with Chips</b> <b>Chili Black Beans</b> <b>Blueberries</b> <b>Chilled Milk</b> <b>16</b>	<b>Turkey Hot Dog on a Bun</b> <b>Peas &amp; Corn</b> <b>Mixed Fruit</b> <b>Chilled Milk</b> <b>17</b>	<b>Chicken Tenders</b> <b>Cherry Tomatoes</b> <b>Craisins</b> <b>Chilled Milk</b> <b>18</b>
<b>Cheesy Breadsticks &amp; Sauce</b> <b>Steamed Spinach with Garlic</b> <b>Mixed Fruit</b> <b>Chilled Milk</b> <b>21</b>	<b>Hamburger Deluxe</b> <b>Cowboy Beans</b> <b>Diced Peaches</b> <b>Chilled Milk</b> <b>22</b>	<b>Chicken Jambalaya with Rice</b> <b>Butternut Squash</b> <b>Spiced Pears</b> <b>Chilled Milk</b> <b>23</b>	<b>Macaroni &amp; Cheese</b> <b>Dinner Roll</b> <b>Mashed Potatoes</b> <b>Banana</b> <b>Chilled Milk</b> <b>24</b>	<b>Chicken Corn Dog</b> <b>Cucumber Coins</b> <b>Applesauce Cup</b> <b>Chilled Milk</b> <b>25</b>
<b>Chicken &amp; Waffles</b> <b>Seasoned Sweet Potatoes</b> <b>Diced Pears</b> <b>Chilled Milk</b> <b>28</b>	<b>Baby Shower Meatballs/ Roll</b> <b>BBQ Baked Beans</b> <b>Pineapple Tidbits</b> <b>Chilled Milk</b> <b>29</b>	<b>Chicken Gyro</b> <b>Shredded Lettuce &amp; Tzatziki</b> <b>Diced Peaches</b> <b>Chilled Milk</b> <b>30</b>	<b>Cheesy Croissant</b> <b>Italian Chopped Salad</b> <b>Mixed 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.

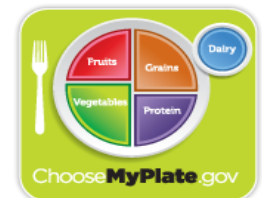
If you have any questions or concerns please contact Cindy Yonkers, Food Service Director at 518-360-6152.

Menu subject to change without notice

Chef Salad offered daily. A Cold alternate entrée is offered daily.

8 oz. 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.



	<b>Tiger Bites Cheese Stick 1</b>	<b>Bunny Grahams Fresh Pear 2</b>	<b>Doritos Banana 3</b>	<b>No Snack Half Day 4</b>
<b>Strawberry Cereal Bar Fresh Apple 7</b>	<b>Cheezits Fresh Plum 8</b>	<b>Fresh Veggies &amp; Ranch Dip 1/2 Pita 9</b>	<b>Giant Goldfish Cheese Stick 10</b>	<b>No Snack Half Day 11</b>
<b>No School Indigenous Peoples' Day 14</b>	<b>Sunchips Cheese Stick 15</b>	<b>Ranch Rice Crisps Fresh Pear 16</b>	<b>Scooby Snacks Banana 17</b>	<b>No Snack Half Dy 18</b>
<b>Cereal Bar Fresh Apple 21</b>	<b>Cheetos Fresh Pear 22</b>	<b>Yogurt Cup Granola Packet 23</b>	<b>Bunny Grahams Cheese Stick 24</b>	<b>No Snack Half Day 25</b>
<b>Mini Cornbread Fresh Apple 28</b>	<b>Apple Cinnamon Rice Crisps Cheese Stick 29</b>	<b>Pop Tart Fresh Pear 30</b>	<b>Doritos Banana 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

USDA is an equal opportunity provider, employer and lender.

