



# October 2024 Breakfast

	<p><b>Mini Maple Pancakes</b> Fresh/Cupped Fruit Chilled Milk 1</p>	<p><b>Cheese or Plain Omelet</b> 1/2 English Muffin Fresh/Cupped Fruit Chilled Milk 2</p>	<p><b>Berry Shortcake</b> Fresh/Cupped Fruit Chilled Milk 3</p>	<p><b>Warm Corn Muffin</b> Fresh/Cupped Fruit Chilled Milk 4</p>
<p><b>Breakfast Pizza</b> Fresh/Cupped Fruit Chilled Milk 7</p>	<p><b>Mini Waffles</b> Fresh/Cupped Fruit Chilled Milk 8</p>	<p><b>Biscuit with Butter &amp; Jelly</b> Fresh/Cupped Fruit Chilled Milk 9</p>	<p><b>Egg Patty &amp; 1/2 English Muffin</b> Fresh/Cupped Fruit Chilled Milk 10</p>	<p><b>Bagel with Cream Cheese</b> Fresh/Cupped Fruit Chilled Milk 11</p>
<p><b>No school</b> <b>Indigenous Peoples' Day</b> 14</p>	<p><b>Turkey Sausage Pancake Wrap</b> Fresh/Cupped Fruit Chilled Milk 15</p>	<p><b>French Toast Bites</b> Fresh/Cupped Fruit Chilled Milk 16</p>	<p><b>Chocolate Swirls</b> Fresh/Cupped Fruit Chilled Milk 17</p>	<p><b>Warm Apple Muffin</b> Fresh/Cupped Fruit Chilled Milk 18</p>
<p><b>Three Cheese Egg Bite With Biscuit</b> Fresh/Cupped Fruit Chilled Milk 21</p>	<p><b>Toasted English Muffin</b> Fresh/Cupped Fruit Chilled Milk 22</p>	<p><b>Chicken Waffle Bites/Dinner Roll</b> Fresh/Cupped Fruit Chilled Milk 23</p>	<p><b>French Toast Sticks</b> Fresh/Cupped Fruit Chilled Milk 24</p>	<p><b>Strawberry Bagel Bites</b> Fresh/Cupped Fruit Chilled Milk 25</p>
<p><b>Cinni Minis</b> Fresh/Cupped Fruit Chilled Milk 28</p>	<p><b>Mini Pancakes</b> Fresh/Cupped Fruit Chilled Milk 29</p>	<p><b>Plain Omelet/Croissant</b> Fresh/Cupped Fruit Chilled Milk 30</p>	<p><b>Chocolate Banana Oatmeal Round</b> Fresh/Cupped Fruit Chilled Milk 31</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.

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>Soft Turkey Tacos</b> Pinto Beans Fresh Apple Chilled Milk 1</p>	<p><b>BBQ Chicken on a Bun</b> Peas &amp; Corn Diced Peaches Chilled Milk 2</p>	<p><b>Oven Roasted Jerk Chicken</b> Dinner Roll Italian Chopped Salad Blueberries Chilled Milk 3</p>	<p><b>Crispy Chicken Sandwich</b> Carrotinis Craisins Chilled Milk 4</p>
<p><b>Chicken Alfredo/WW Bread</b> Smoky Collard Greens Mixed Fruit Chilled Milk 7</p>	<p><b>Grilled Cheese Sandwich</b> Cowboy Beans Diced Peaches Chilled Milk 8</p>	<p><b>Meatballs &amp; Sauce</b> Whole Wheat Bread Yummy Corn Banana Chilled Milk 9</p>	<p><b>Chicken Gyro with Pita</b> Lettuce &amp; Tzatziki Pineapple Tidbits Chilled Milk 10</p>	<p><b>Chicken Nuggets</b> Cherry Tomatoes Applesauce Cup Chilled Milk 11</p>
<p><b>No School</b> <b>Indigenous Peoples' Day</b> 14</p>	<p><b>Turkey Pepperoni Pizza</b> Italian Greens &amp; Beans Fresh Apple Chilled Milk 15</p>	<p><b>Hamburger on a Bun</b> Potato Smiles Diced Peaches Chilled Milk 16</p>	<p><b>Turkey Hot Dog on a Bun</b> BBQ Baked Beans Mixed Fruit Chilled Milk 17</p>	<p><b>Crispy Chicken Sandwich</b> Carrotinis Craisins Chilled Milk 18</p>
<p><b>Baby Shower Meatballs</b> Whole Wheat Bread Steamed Broccoli Diced Pears Chilled Milk 21</p>	<p><b>Hamburger on a Bun</b> Butternut Squash Diced Peaches Chilled Milk 22</p>	<p><b>Chicken Jambalaya with Rice</b> Cajun Red Beans Mixed Fruit Chilled Milk 23</p>	<p><b>Turkey Ham &amp; Cheese</b> Croissant Mashed Potatoes Banana Chilled Milk 24</p>	<p><b>Chicken Nuggets</b> Cucumber Coins Applesauce Cup Chilled Milk 25</p>
<p><b>Chicken Corn Dog</b> Lemony Green Beans Diced Peaches Chilled Milk 28</p>	<p><b>Popcorn Chicken</b> Mixed Vegetables Mandarin Oranges Chilled Milk 29</p>	<p><b>Chicken &amp; Waffles</b> BBQ Baked Beans Diced Pears Chilled Milk 30</p>	<p><b>Cheesy Salsa Chicken</b> and Cornbread Ranch Chopped Salad Mixed Fruit Chilled Milk 31</p>	

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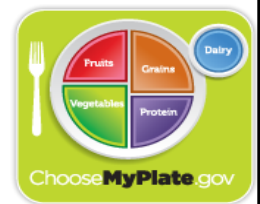
If you have any questions or concerns please contact Cindy Yonkers, Food Service Director at 518-360-6152.

Cheese Sandwich offered daily

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An 8 oz. fat free white, 1% white and fat free chocolate milk offered at lunch. Fresh Fruit offered daily.

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# October 2024 Snack

	<b>Tiger Bites Cheese Stick 1</b>	<b>Tostitos Scoops Salsa Cup 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 Pear 8</b>	<b>Apple Cinnamon Rice Crisps Craisins 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>Yogurt Cup Granola Packet 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>Ranch Rice Crisps Craisins 23</b>	<b>Bunny Grahams Cheese Stick 24</b>	<b>No Snack Half Day 25</b>
<b>Mini Cornbread Fresh Apple 28</b>	<b>Pop Tart Cheese Stick 29</b>	<b>Veggies and Ranch Dip Fresh Pear 30</b>	<b>Chocolate Oatmeal Bar Banana 31</b>	

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