

	<b>Mini Maple Pancakes</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>1</b>	<b>Oatmeal Breakfast Bar</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>2</b>	<b>Three Cheese Egg Bite/ Roll</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>3</b>	<b>Chocolate Chip Muffin</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>4</b>
<b>Banana Chocolate Round</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>7</b>	<b>Cornbread Bites</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>8</b>	<b>Strawberry Shortcake</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>9</b>	<b>Cinni Minis</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>10</b>	<b>Warm Bagel &amp; Cream Cheese</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>French Toast Sticks</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>15</b>	<b>Cinnamon Swirl</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>16</b>	<b>Sausage Pancake Wrap</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>17</b>	<b>Warm Corn Muffin</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>18</b>
<b>Cinni Minis</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>21</b>	<b>Mini Pancakes</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>22</b>	<b>Warm Biscuit</b> <b>with Butter &amp; Jelly</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>23</b>	<b>Cheese Omelet/Roll</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>24</b>	<b>Warm Bagel &amp; Cream Cheese</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>25</b>
<b>Soft Breakfast Square</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>28</b>	<b>Egg Patty &amp; Croissant</b> <b>Fresh/Cupped Fruit</b> <b>Chilled milk</b> <b>29</b>	<b>Chicken Waffle Bites/Roll</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>30</b>	<b>Mini Waffles</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b> <b>31</b>	

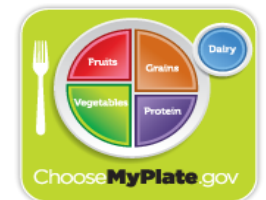
If your child has an allergy please notify the school nurse. Lactose allergies must be documented by a health care professional.  
 If you have any questions or concerns please contact Cindy Yonkers, Food Service Director at 518-360-6152.

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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	<b>Oven Roasted Jerk Chicken</b> <b>Whole Wheat Bread</b> <b>Garlicky Green Beans</b> <b>Diced Peaches</b> <b>Chilled Milk</b> <b>1</b>	<b>Chicken &amp; Waffles</b> <b>BBQ Baked Beans</b> <b>Blueberries</b> <b>Chilled Milk</b> <b>2</b>	<b>Meatballs &amp; Sauce</b> <b>Whole Wheat Bread</b> <b>Steamed Spinach</b> <b>Mixed Fruit</b> <b>Chilled Milk</b> <b>3</b>	<b>Buffalo Chicken Dip &amp; Chips</b> <b>Carrotinis</b> <b>Craisins</b> <b>Chilled Milk</b> <b>4</b>
<b>Mozzarella Sticks &amp; Sauce</b> <b>Italian Greens and Beans</b> <b>Diced Peaches</b> <b>Chilled Milk</b> <b>7</b>	<b>Chicken Tenders</b> <b>Seasoned Sweet Potatoes</b> <b>Diced Pears</b> <b>Chilled Milk</b> <b>8</b>	<b>Turkey Hot Dog on a Bun</b> <b>Cowboy Beans</b> <b>Mandarin Oranges</b> <b>Chilled Milk</b> <b>9</b>	<b>Turkey Pepperoni Pizza</b> <b>Yummy Corn</b> <b>Banana</b> <b>Chilled Milk</b> <b>10</b>	<b>Crispy Chicken Sandwich</b> <b>Cucumber Slices</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>Cheesy Croissant</b> <b>Butternut Squash</b> <b>Fresh Apple</b> <b>Chilled Milk</b> <b>15</b>	<b>Chicken Sausage Sandwich</b> <b>With Peppers &amp; Onions</b> <b>Broccoli Dunkers</b> <b>Diced Peaches</b> <b>Chilled Milk</b> <b>16</b>	<b>Rodeo Burger</b> <b>Potato Salad</b> <b>Diced Pears</b> <b>Chilled Milk</b> <b>17</b>	<b>Chicken Corn Dog</b> <b>Celery Sticks</b> <b>Craisins</b> <b>Chilled Milk</b> <b>18</b>
<b>Cheesy Breadsticks</b> <b>Green Peas</b> <b>Mixed Fruit</b> <b>Chilled Milk</b> <b>21</b>	<b>BBQ Chicken on a Bun</b> <b>Smoky Collard Greens</b> <b>Diced Peaches</b> <b>Chilled Milk</b> <b>22</b>	<b>Baby Shower Meatballs</b> <b>Veggie Baked Beans</b> <b>Pineapple Tidbits</b> <b>Chilled Milk</b> <b>23</b>	<b>Chicken Gyro with pita</b> <b>Lettuce &amp; Tzatziki</b> <b>Banana</b> <b>Chilled Milk</b> <b>24</b>	<b>Chicken Nuggets/Roll</b> <b>Carrotinis</b> <b>Applesauce Cup</b> <b>Chilled Milk</b> <b>25</b>
<b>Popcorn Chicken/WW Bread</b> <b>Yummy Corn</b> <b>Diced Pears</b> <b>Chilled Milk</b> <b>28</b>	<b>Turkey Pepperoni Pizza</b> <b>Ranch Chopped Salad</b> <b>Diced Peaches</b> <b>Chilled Milk</b> <b>29</b>	<b>Cheesy Salsa Chicken</b> <b>Chili Black Beans</b> <b>Pineapple Tidbits</b> <b>Chilled Milk</b> <b>30</b>	<b>Crispy Ranch Chicken</b> <b>Sandwich</b> <b>Garlicky Green Beans</b> <b>Blueberries</b> <b>Chilled Milk</b> <b>31</b>	

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**Menu subject to change without notice**

**Chef Salad offered daily. A cold alternate entrée offered daily.**

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

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	<b>Cheetos String Cheese Stick</b> 1	<b>Yogurt cup Granola</b> 2	<b>Giant Goldfish Banana</b> 3	<b>No Snack Half Day</b> 4
<b>Strawberry Cereal Bar 6 oz. Juice</b> 7	<b>Ranch Rice Crisp Fresh Pear</b> 8	<b>2 oz. Banana Muffin 6 oz. Juice</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>Cheezits String Cheese Stick</b> 15	<b>Doritos 6 oz. Juice</b> 16	<b>Scooby Snacks Banana</b> 17	<b>No Snack Half Day</b> 18
<b>Pop Tart 6 oz. Juice</b> 21	<b>Cheddar Bunnies Fresh Pear</b> 22	<b>Carrotinis &amp; Ranch Dip Tostitos Scoops</b> 23	<b>2 oz. Apple Muffin String Cheese Stick</b> 24	<b>No Snack Half Day</b> 25
<b>Cinnamon Toast Crunch Cereal Bar 6 oz. Juice</b> 28	<b>Apple Cinnamon Rice Crisps String Cheese Stick</b> 29	<b>2 oz. Chocolate Chip Muffin 6 oz. Juice</b> 30	<b>Oatmeal Bar Banana</b> 31	

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