

Alternate breakfast offered daily include: Bagel w/toppings, Yogurt w/granola, cereal Bar w/graham crackers or Wg cereal w/graham crackers.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Wg cereal Choice  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  2 | Brkfst Taco to go  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  3 | Egg and cheese bagel  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  4 | French Toast sticks/syrup  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  5 | Banana Superbread  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  6 |
| Mini Pancake Pack/syrup  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  9 | Wg Dutch Waffle  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  10 | Sausage,egg and cheese Muffin  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  11 | Wg Bagel/toppings  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  12 | Brkfst pizza  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  13 |
| Wg Bagel/toppings  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  16 | Wg Cinnamon Roll  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  17 | WG Cereal Choice  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  18 | French Toast Sticks/syrup  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  19 | Supt Conf.Day  20 |
| Wg cereal choice  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  23 | Mini Bagel pack  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  24 | Bacon egg and cheese biscuit  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  25 | Mini Muffin and 4 oz yogurt  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  26 | French toast sticks /syrup  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  27 |
| Wg Bagel/toppings  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  30 | Choice of Cereal Bar and Graham cracker  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  31 | Wg Cereal Choice  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  1 | Wg Pancake on a stick  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  2 | Assorted Muffin  100% fruit juice choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  3 |

Office of School Nutrition 518-568-2014 Ext 3130

\* Menu subject to change without notice\* This institution and the USDA are equal opportunity provide



Alternate lunch choices include: PBJ w/cheese stick, Chef salad w/rolls, Yogurt w/cheese stick or Bagel w/Pb and cheese stick. \*Baby Carrots offered Daily\*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Cherry Blossom Chicken  Brown Rice  Broccoli Florets(DG)  Choice of Chilled fruit  Low fat or fat free Milk  2 | Meatball Sub  Creamy Cole slaw  Mashed Potatoes(S)  Choice of Chilled fruit  Low fat or fat free Milk  3 | Chili Hot Dog on a bun  Vegetarian Beans (BL)  WG Sun Chips  Choice of Chilled fruit  Low fat or fat free Milk  4 | Soft Beef Taco  Buttered Corn(S)  Choice of Chilled fruit  Low fat or fat free Milk  5 | Assorted Pizza  Romaine salad (DG)  Choice of Chilled fruit  Low fat or fat free Milk  6 |
| Chicken cheese Wrap  Cooked Carrots(RO)  Choice of Chilled fruit  Low fat or fat free Milk  9 | BBQ Pork Sandwich  Vegtarian Beans (BL)  Choice of Chilled fruit  Low fat or fat free Milk  10 | Chicken Patty on a bun  Lettuce/tom  Buttery Garlic Green beans (O)  Choice of Chilled fruit  Low fat or fat free Milk  11 | Macaroni & Cheese  Buttered Corn (S)  Choice of Chilled fruit  Low fat or fat free Milk  12 | Assorted Pizza  Broccoli Florets(DG)  Ice cream Dixie cup  Choice of Chilled fruit  Low fat or fat free Milk  13 |
| Baked rotini w/meat & cheese  Buttered Corn(S)  Choice of Chilled fruit  Low fat or fat free Milk  16 | Hot Dog w/Chili Sauce & Saurkraut  Vegetarian beans (BL)  Saurkraut  Baked Lays Potato chips  Choice of Chilled fruit  Low fat or fat free Milk  17 | Deep dish Cheese Pizza  Carrot sticks(RO)w/Ranch dip  Choice of Chilled fruit  Low fat or fat free Milk  18 | **National Poultry Day!**  WG Chicken Nuggets w/dipping sauce  Broccoli Florets(DG)  Dinner rollw/marg.  Choice of Chilled fruit  Low fat or fat free Milk  19 | Supt Conf.Day  20 |
| Cheeseburger on a bun  Broccoli Florets(DG)  Soft Pretzel  Choice of Chilled fruit  Low fat or fat free Milk  23 | Soft Beef Tacos  Vegetarian Beans(BL)  Pasta Salad  Choice of Chilled fruit  Low fat or fat free Milk  24 | Warm Ham and Cheese Bagel  Smile fries (s)  Buttery Garlic Green beans (O)  Choice of Chilled fruit  Low fat or fat free Milk  25 | Chicken Patty on a bun  Lettuce/tom  Buttered Corn(S)  Choice of Chilled fruit  Low fat or fat free Milk  26 | Assorted Pizza  Romain Salad w/dressing (DG)  Choice of Chilled fruit  Low fat or fat free Milk  27 |
| Chicken tenders  Broccoli Florets(DG)  Dinner rollw/marg.  Choice of Chilled fruit  Low fat or fat free Milk  30 | Hard Shell Tacos  Vegetarian Beans (BL)  Choice of Chilled fruit  Low fat or fat free Milk  31 | Corn Dog  Potato smiles(S)  Buttered Green beans (O)  Choice of Chilled fruit  Low fat or fat free Milk  1 | Roasted Turkey & Gravy over Biscuit  Buttered corn(S)  Choice of Chilled fruit  Low fat or fat free Milk  2 | Assorted Pizza  Romaine Sald w/dressing (DG)  Choice of Chilled fruit  Low fat or fat free Milk  3 |

Office of School Nutrition 518-568-2014 Ext 3130

\* Menu subject to change without notice\* This institution and the USDA are equal opportunity provider