

OCTOBER 2017

Vernon Verona Sherrill

MONDAY

Chicken Nuggets/Roll **2**
Sweet Potato Fries
Green Beans
Fruit Cup

2

TUESDAY

BBQ Beef Rib on a Bun **3**
Broccoli
Baked Beans
Apple/Fruit Cup

3

WEDNESDAY

Pepperoni OR Garlic Pizza **4**
Romaine Salad/Veggies
Assorted Fruit

4

THURSDAY

Roast Turkey/Roll **5**
Rice w/Gravy
Carrots
Banana/Fruit Cup

5

FRIDAY

Oriental Chicken **6**
Vegetable Egg Roll
Noodles
Juice Cup/Fruit Cup

6

9

Columbus Day
No School

Specialty Burger on a Bun **10**
Lettuce/Tomato/Cheese
Corn
Assorted Fruit

10

Cheese OR Garlic Pizza **11**
Carrot Sticks/Dip
Assorted Fruit

11

Baked Ham Slice **12**
Mashed Potato
Baked Beans/Corn Muffin
Apple or Orange

12

Macaroni and Cheese **13**
Carrots (Cooked)
Whole Grain Roll
Assorted Fruit

13

16

French Toast Sticks
Breakfast Sausage
Hash Brown
Baked Apple Slices

Taco (Hard or Soft) **17**
Lettuce, Tomato, Cheese
Refried Bean
Chilled Pears/Apple

17

Pepperoni OR Garlic Pizza **18**
Broccoli
Assorted Fruit

18

Fish on a Bun **19**
Corn
Tator Tots
Assorted Fruit/Grapes

19

Superintendent's Day
NO SCHOOL **20**

20

23

Chicken Fajita/Cheese
Peppers, Onions,
Salsa
Refried Beans/Corn

Deli Day/Cold Cuts **24**
Lettuce, Tomato, Cheese
Tortilla Chips & Salsa
Fruit Cup/Banana

24

Cheese OR Garlic Pizza **25**
Rainbow Raw Veggies
Assorted Fruit

25

New York Food Day **26**
Meatball Tunnel
Green Beans
Tomato/Cucumber Salad
Apple/Fruit Cup

26

Toasted Cheese **27**
Tater Tots
Creamy Coleslaw
Fruit Cup

27

30

Hot Dog on a Bun
Steamed Carrots
Baked Beans
Strawberry Cup/Fruit

Spaghetti/Meat sauce **31**
Romaine Tossed Salad
WG Roll & Butter

31

A La Carte

K-8
Cheese Pizza
6oz Yogurt with String
Cheese and Roll
PB&J Sandwich on
Whole Grain Bread
9-12
Cheese or Garlic Pizza
Asst Deli Sandwich on
Whole Grain Bread
Asst Salad with Whole
Grain Roll
Chicken Patty on a WG
Bun

School News

Oct. 9th
Columbus Day –No
School

Oct. 20th
Superintendent's Day,
NO SCHOOL

October 26th Local New
York State Food Day---
All lunch periods district
wide**

Meal Prices K-6 7-12

Breakfast	\$1.00	\$1.00
Lunch	\$1.70	\$1.95

*Menu subject to change

Harvest of the Month
Corn and Apple
Local Foods on Menu
Milk
Apple
Pizza Crust

DID YOU KNOW?

More US presidents have been born in
October than in any other month.