



# LUNCH

## OCTOBER 2017 Child Nutrition Program

## PreK-Grade 8

### Monday

2

Grilled Cheese Sandwich  
Potato Smiles,  $\frac{1}{2}$  cup  
Black Bean Salad,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

### Tuesday

3

Chicken Alfredo Penne Pasta  
Sautéed Broccoli,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

### Wednesday

4

**Southwest Day**  
Nachos with Beef  
Brown Rice and Beans  
Red Pepper Strips,  $\frac{1}{4}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

### Thursday

5

Mozzarella Sticks &  
Chicken Smackers **COMBO!**  
Rotini Pasta Salad  
Carrot Sticks,  $\frac{1}{2}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

### Friday

6

Cheese Pizza  
Zucchini Parmesan,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk



9

Chicken Smackers with BBQ Sauce  
Sweet Potato Fries,  $\frac{3}{4}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

### Italian Day

11

Chicken Parmigiana  
Fresh Baked Breadstick  
Sautéed Spinach,  $\frac{1}{2}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

### Hot Turkey Ham Sandwich

12

Baked Vegetarian Beans,  $\frac{1}{2}$  cup  
Potato Smiles,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

### Homemade Baked Ziti

13

Sautéed Green Beans,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

16

Baked Macaroni & Cheese  
Sautéed Broccoli,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

### Taco Tuesday

17

Pork Taco on Soft Shell  
Tomato Salsa,  $\frac{1}{2}$  oz  
Potato Smiles,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

### Asian Day

18

Sweet & Sour Chicken  
Seasoned Brown Rice  
Steamed Green Beans,  $\frac{1}{2}$  cup  
Chilled Peach Cup,  $\frac{1}{2}$  cup  
Fortune Cookie  
Choice of Milk



19

Boneless Pork Chop on Baked Bun  
Sweet Potato Fries,  $\frac{3}{4}$  cup  
Fresh Red Apple,  $\frac{1}{2}$  cup  
Choice of Milk

20

Fiestada Pizza  
Roasted Chickpeas,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

23

Three-Bean Chili  
Seasoned Brown Rice  
Roasted Broccoli,  $\frac{1}{2}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

Oven Breaded Chicken  
Bread Slice

24

Mashed Potatoes,  $\frac{1}{2}$  cup  
Sautéed Green Beans,  $\frac{1}{2}$  cup  
Applesauce  
Choice of Milk

### Build Your Own Burger

25

Hamburger on Baked Bun  
American Cheese & Sliced Tomato  
Potato Smiles,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

26

**Try Something New Thursday**  
Italian Style Turkey Meatball  
on 6" Hero with Parmesan Cheese  
Sweet Potato Fries,  $\frac{3}{4}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

27



Cheese Pizza  
Black Bean Salad,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

30

Three-Cheese Quesadilla  
Steamed Green Beans,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

### Happy Halloween

31

Chicken Smackers with Orange Sauce  
Carrot Sticks,  $\frac{1}{2}$  cup  
Fresh Orange Wedges,  $\frac{1}{2}$  cup  
Halloween Cookie Treat  
Choice of Milk

### Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches

American Cheese Sandwiches

A side salad of leafy dark green vegetable is offered daily.

Milk is available with every meal. Choose 1% White Milk or Fat Free White Milk daily.

Fat Free Chocolate milk is available Tuesdays and Thursdays.

Select a fruit **AND/OR** vegetable with your sandwich.

You may also choose your choice of milk.

**ALL GRAIN PRODUCTS ARE WHOLE GRAIN.**

**MENUS MUST BE POSTED AT ALL TIMES FOR NEW YORK STATE INSPECTION. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.**