



Home-style favorites made with healthy proteins, whole grains, fresh fruits and vegetables.



Freshly Prepared Deli Style Sandwiches Made to Order  
Featuring:  
• Fresh Veggies  
• Variety of Cheeses  
• Whole Grain Breads, Rolls and Wraps



**Daily house made soup**

Offered with all meals:

Create Your Own Salad with Fresh Greens and a variety of Garden Fresh Veggies and Toppings.

Chef Creations like Pasta and Potato Salads are also available.

## High School-middle school Lunch Menu October 2018

GET FRESH. BUY LOCAL.



1	2	3	4	5
Crispy chicken tenders with BBQ Ranch dressing  Au gratin Potatoes Sweet Harvest Corn	Nacho bar, ground turkey taco meat Buttered White Rice Fresh Pico and Cheddar Cheese Veg of the day	Philly Style Chicken Cheesesteak w/onions peppers Macaroni and Cheese Pasta Veg of the day	Breakfast for lunch Egg, sausage, and cheese with hash brown on toasted bun. Home fries	Meatball house made Hot pockets with side marinara Chefs side of the day Veg of the day
8	9	10	11	12
Columbus Day	Beef Soft Shell Taco's  Buttered White Rice Fresh Pico and Cheddar Cheese Veg of the day	New Orleans Style BBQ Chicken pepper jack Sandwich Rice and Beans  Veg of the day	Pepperoni pasta Ziti bake Garlic Bread stick  Veg of the day	Italian Mix Pizza Roll  Pasta Marinara  Veg of the day
15	16	17	18	19
Chef's Quarter Pounder Bacon Cheeseburger with our thousand Island dressing Onion rings Veg of the day	General TSO Chicken  Veg Fried Rice Veggie Egg roll  Veg of the day	Spaghetti with meat sauce  Buttered dinner roll  Tomatoes and cucumber salad	Chicken blt wrap with Cajun ranch dressing Served with ranch dressing French Fries  Veg of the day	Sausage and Pepperoni Stromboli  Pasta with tomato Alfredo  Veg of the day
22	23	24	25	26
All natural white meat chicken breast tossed in wing sauce Blue cheese dressing  Buttered White Rice	Beef enchilada's Served with salsa, sour cream  Spanish rice	Popcorn Chicken Mashed Potato Bowl with gravy  Corn Bread Muffin Buttered sweet corn Veg of the day	Chili cheese dog French fry boat  Macaroni and cheese  Coleslaw	Chicken Broccoli Alfredo  Garlic Breadstick  Fresh Broccoli Florets
29	30	31		
Chicken Parmesan over linguine Garlic breadstick  Tossed salad	Beef Broccoli lo Mein  Egg roll  Stir fried Asian veg mix	Chicken Quesadillas with guacamole, salsa sour cream  Mexican rice Southwestern corn		

Menu Subject to Change

**Any questions please call Aaron Mondore, Director of Dining Services at 518-682-7428**

**If you have any food allergies, please let us know!**

Prices: Student Meal: \$5.00

### Daily hand Tossed Pizza by the slice

**Cheese Pizza**  
**Chicken Bacon Ranch Pizza**  
**Buffalo Chicken Pizza**  
**Don't forget after school café 2:30-3:00pm M-thur**



**Available daily:**  
Cheeseburger, Chicken Patty, fresh buffalo Chicken

Served with Your Choice of Hot or Cold Vegetables, Salad,

Fruit, Milk and Whole Grain Bread



Assorted pre-packaged entrée salads and deli sandwiches offered with fruits, vegetables and milk.

**Daily Specials may include...**  
Chicken Caesar Wrap, Chicken Caesar Salad, Turkey Club Sandwich, Italian Sub and Yogurt Parfait's and



**Grilled Panini**  
Toasty and Delicious!  
Check the Deli Station daily for toasted Panini Specials



This institution is an equal opportunity provider and employer