



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 September 2018

GET FRESH BUY LOCAL.



3	4	5	6	7
				Chicken Caesar salad with chicken tenders French fries  Veg of the day
10	11	12	13	14
Beef Soft Shell Taco's  Buttered White Rice Fresh Pico and Cheddar Cheese Veg of the day	Beef Lo Mein  Vegetable Egg Roll  Lucky Fried Rice	New Orleans Style BBQ Chicken pepper jack Sandwich Rice and Beans  Veg of the day	Chicken Broccoli Alfredo  Garlic Breadstick  Fresh Broccoli Florets	Sausage and Pepperoni Stromboli  Pasta with tomato Alfredo  Veg of the day
17	18	19	20	21
Chicken BLT sandwich Served with ranch dressing French Fries  Veg of the day	Honey Ginger Chicken  Cilantro Lime rice Pork Egg Roll Veg of day	Bacon Swiss Chicken Sandwich with Garlic basil mayo Au gratin Potatoes Sweet corn	Chicken Riggie Pasta  Buttered Dinner roll  Veg of the Day	Personal Chicken bacon Ranch calzone  Caesar Salad  Veg of the day
24	25	26	27	28
Buffalo Chicken burrito bar  Onions and peppers Macaroni and Cheese Pasta Veg of the day	Crispy Chicken breast tenders Waffles, with Syrup Mashed Potatoes Southern Green beans	Pulled Pork cheddar Melt  Curly Fries  Veg of the day	Mama Mia House made meatballs with spaghetti Green beans with garlic and tomato	Garlic bread dunkers Italian spicy garlic pasta Side marinara Veg of the day

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 which includes, hot entrée two sides and a bottled beverage, or deli station, two sides and bottled beverage. Grab and go ala carte, Caesar salad with chicken and pre made subs.

**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-Friday**



**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