

Middleburgh Central School District Jr. - Sr. High School Lunch Menu

October 2017



Meal Pricing:
Elementary School:
 Breakfast—\$1.50, Full Lunch—\$2.25
Jr. Sr. High School:
 Breakfast —\$1.50, Full Lunch—\$2.50
 Reduced Price Meals: Breakfast/Lunch— .25 cents (all schools)

All bread, pasta, rice, pizza, and taco/tortillas are whole grain.

Daily Vegetable Choices
 Fresh veggie cups w/ dip, tossed green salad, hot vegetable of the day.

*Students **MUST** choose a fruit or vegetable as part of a reimbursable meal.

Monday Oct 2	Tuesday, Oct 3	Wednesday, Oct 4	Thursday, Oct 5	Friday, Oct 6
Dunkers with Marinara Sauce, Farm Fresh Garlic Broccoli, Fresh Picked Apples from Bohringers Farm or canned fruit. Fat Free or 1% milk	Spaghetti with Homemade Meat sauce or Marinara Sauce. Garlic Bread Stick, Whole Green Beans Fresh Fruit or Canned Fruit Fat Free or 1% Milk	National Taco Day...Soft Shell Tacos with Seasoned Beef & Cheese Lettuce Black Bean Salsa, Sour Cream, Farm Fresh Tomatoes, Mexican Corn, Canned Fruit or Apples from Bohringers Fruit Farm Fat Free or 1% Milk	Ham and Cheese Bagel with Oven Roasted Butternut Squash, Fresh or Canned Fruit, fat Free or 1% Milk	Homecoming Day BBQ Hot Dogs and hamburgers BBQ Baked Beans, Corn on the Cob Canned Fruit or Apples From Bohringers Fat Free or 1% Milk

Monday, Oct 9	Tuesday, Oct 10	Wednesday Oct 11	Thursday, Oct 12	Friday, Oct 13
 Columbus Day	Build Your Own Burger with lettuce, tomato, Pickles & Onion. Oven Baked French Fries, Canned Fruit or Apples from Bohringers Fat Free or 1% Milk	Chicken Macaroni and Cheese. Honey Glazed Carrots, Dinner Roll Fresh Canned Fruit or Apples from Bohringers Fat Free or 1% Milk	Chicken & Waffles with Spicy Maple Syrup Crunchy Apple Veggie Salad. Canned Fruit or Apples From Bohringers Fat Free or 1% Milk	Pizza Day Spinach Romaine Tossed Salad and Fresh Vegetables, Italian Herb Roasted Chickpeas, Seasonal Fresh Fruit or Canned Fruit Fat Free or 1% Milk

Available Daily

October is Farm to School Month

A time to celebrate the connections between schools and local farmers. Each day we will feature different local items. Corn on the cob from Shauls, Apples from Bohringers and a variety of tomatoes, broccoli, cucumbers and cauliflower from Barbers Farms.

Enjoy the Bounty of the County
 We purchase locally harvested produce, when seasonally available. We buy New York State grown products when available.
 We buy American

Wraps & Salads
 Egg Salad, tuna salad, chicken salad, buffalo, BBQ, plain bread wraps.

Vegetarian Options:
 Vegetarian variations of the hot Daily entrée is available, as well as, vegetarian wraps and salads

Monday, Oct 16	Tuesday, Oct 17	Wednesday, Oct 18	Thursday, Oct 19	Friday, Oct 20
Pasta Day—Whole Wheat Pasta with Marinara Sauce, Cheese or Seasoned Beef. Whole Green Beans, Garlic Bread Sticks, Fresh or Canned Fruit , Fat Free or 1% Milk	<u>Breakfast for Lunch</u> Egg & Cheese on a Flakey Whole Wheat Croissant with Hash Brown Potatoes , Fresh or Canned Fruit Fat Free or 1% Milk	Cheesy Chicken & Kale Penne Bake Seasoned Broccoli, Fat Free or 1% Milk, Canned fruit or Apples from Bohringers	Oodles of Noodles, Penne Pasta with Grape tomatoes & Basil, Oven Roasted Chicken Breast, Oven Baked Squash, Fresh or Canned Fruit fat Free or 1% milk	Pizza Day Individual Pizza, Cheese or Pepperoni, Spinach Romaine Salad, Italian Herb Roasted Chickpeas, Fresh or Canned Fruit, Fat Free or 1% Milk

Monday, Oct 23	Tuesday, Oct 24	Wednesday, Oct 25	Thursday, Oct 26	Friday, Oct 27
Meatball Sub on a Whole grain Roll with Sauce and Mozzarella Cheese, Steamed Green Beans Canned Fruit , Apples from Bohringers Fat Free or 1% Milk	Homemade Chicken and Biscuits, Oven Roasted Butternut Squash, Fat Free or 1% Milk Canned Fruit, Apples From Bohringers.	Pumpkin Day Tomato Soup and Toasted Cheese Sandwich Fat Free or 1% Milk, Apples from Bohringers or Homemade Pumpkin Crunch Cake	Alfredo with a Twist Cheesy Alfredo sauce over curly pasta with or without chicken, Garlic Bread Sticks, Fresh Steamed Broccoli, Canned Fruit or Apples from Bohringers	Pizza Day Spinach Romaine Tossed Salad and Fresh Vegetables, Italian Herb Roasted Chickpeas, Seasonal Fresh Fruit or Canned Fruit Fat Free or 1% Milk

Monday, Oct 30	Tuesday, Oct 31	Wednesday	Thursday	Friday,
Popcorn Chicken With Seasoned Rice, Corn on the Cob, Sauce for Dipping, Apples from Bohringers Fat Free or 1% Milk	<u>Halloween Spooktacular</u> Toxic Waste Mac & Cheese, Bloody Brains, Zombie Fingers, Rotten Apples Goulash Milk 	October is Farm to School Month— <u>Try Something New -Try Something Local.</u> We proudly support our local Middleburgh Agricultural Growers		

The Middleburgh Central School District & USDA provide equal program & employment opportunities.

There is a 5 meal charging limit for meals, as outlined in the District Meal Charge Policy