

Daily Entrée Options:

- CHEESE OR PEPPERONI PIZZA (MONDAY-THURSDAY)
- SCHOWARIE LUNCH BOX
- CHICKEN BACON RANCH WRAP
- FRUIT & YOGURT PARFAIT W/GRANOLA

MENU

6-12TH LUNCH

SCHOWARIE
JR/SR HIGH
SCHOOL

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OCTOBER
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
30	Taco Salad w/Chips (meat, cheese & lettuce) Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Rice Crispy	1	Crispy Chicken Tenders with assorted dipping sauces Corn Muffin Fresh Veggie w/Hummus	2	Macaroni & Cheese Bar w/Bufalo Chicken Breadstick & Broccoli Fresh Grape Tomatoes	3	4	Steamed Mixed Veggie Garden Side Salad
7	Bistro Cheeseburger (plain, cheese or bacon) Seasoned Curly Fries Tortellini Pasta Salad Rainbow Pepper Sticks	8	Popcorn Chicken & Mashed Potato Bowl Yellow Corn Dinner Roll Fresh Veggie Cup w/Hummus	9	Beef Baracoa Tacos Sweet Potato Fries Tangy Cucumber Salad Choc Chip Cookie	10	11	Steamed Mixed Veggie Garden Side Salad
14	Columbus/Indigenous Peoples Day No School	15	Ultimate Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn Mango Peach Applesauce	16	BBQ Bacon Chicken Patty Sandwich French Fries Fresh Apple Fresh Veggie	17	18	Steamed Mixed Veggie Garden Side Salad
21	Pulled Pork on a Kaiser Kettle Potato Chips Creamy Coleslaw Fresh Veggie Cup w/Dip	22	Chicken & Waffles Sweet Potato Fries 100% Juice Cup Syrup Cup	23	Sampler Platter (chick wings & mozz sticks) Pita Chips & Hummus Dip Fresh Veggies	24	25	Steamed Mixed Veggie Garden Side Salad
28	Chicken Patty Sandwich Seasoned Waffle Fries Rainbow Pepper Sticks	29	Buffalo Chicken Dip w/tortilla chips Carrot & Celery Sticks Corn on the Cob Grape Juice Slushie	30	Tortellini Alfredo with Chicken Garlic Knot Roasted Broccoli Grape Tomatoes	31	1	

Harvest of the Month
NY FOOD DAYS

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change. Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

In collaboration with
CAPITAL REGION BOCES
SHARED FOOD SERVICE PROGRAM