

# OCTOBER 2018

## SEASONAL HARVEST: Local NY Apples & Cider

## DUNDEE CENTRAL SCHOOL GRADES 7TH-12TH

### DAILY ENTREES:

PBJ Sandwich  
 Chef Salad w/Bread Choice\*  
 Vegetarian Chef Salad w/Bread Choice\*  
 Yogurt & Cheese Stick w/Bread Choice\*  
 Asst. Sandwiches  
 Asst. Wraps  
 Homestyle Crispy Chicken Tenders w/Bread  
 Assorted Pizza  
**MMW/F:** Buffalo Ranch Wrap  
**T/Th:** Chicken Ranch Wrap  
**DAILY SIDES:**  
 Tossed Salad  
 Fresh Vegetables  
 Fresh Fruit  
 Fruit Cups  
 100% Fruit Juice  
 Chilled Milk  
**Bread Choice = Bagel or Breadstick**



### PRICING

Breakfast and Lunch \$0.00  
 Milk/Ala Carte Sides \$0.65  
 Snacks \$0.50-\$1.30

**NOTE: Every student gets 1 breakfast & 1 lunch at no charge per school day. Each breakfast & lunch must be a COMPLETE REIMBURSABLE MEAL, or student will be charged ala carte for each item on their tray.**

### BREAKFAST MENU

**MONDAY:** Cinnamon Roll  
**TUESDAY:** Mini Pancakes  
**WEDNESDAY:** Cinnamon Roll  
**THURSDAY:** Mini Pancakes  
**FRIDAY:** Cinnamon Roll  
**DAILY OPTIONS:**  
 Bagel, Breakfast Break, Fruit, 100% Fruit Juice & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1 BREAKFAST 4 LUNCH!</b>            French Toast Sticks w/Sausage            Chicken Philly Sub            Sliced Carrots            Tater Tots  <b>Wager's Apple Cider</b> </p>	<p><b>2 TEX-MEX DAY!</b>            Meat or Bean Taco w/Rice            Turkey Club Sub            Refried Beans            Golden Sweet Corn  </p>	<p><b>3</b> Homemade Macaroni &amp; Cheese w/Bread            Cheeseburger on a Roll            Green Beans  <b>Fresh Baby Carrots</b>  <b>Homemade Fruit Crisp</b></p>	<p><b>4 ASIAN RICE BOWL!</b>            Chicken &amp; Orange Sauce w/Rice            Southwest Taco Salad w/Rice            Steamed Broccoli  </p>	<p><b>5</b> Authentic North Carolina Pulled Pork Sandwich            Crispy Fish Filet Sandwich            Sliced Carrots</p>
<b>Serving Apples daily from Wager's Cider Mill!</b>				
<p><b>8</b>   <b>Columbus Day</b></p>	<p><b>9 TEX-MEX DAY!</b>            Chicken Soft Taco w/Rice            Chicken Caesar Salad w/Bread Choice            Refried Beans            Golden Sweet Corn</p>	<p><b>10</b> Toasted Cheese Sandwich            Buffalo Ranch Melt            Hot Tomato Soup            Green Beans  <b>Fruity Jello w/Whipped Topping</b></p>	<p><b>11</b> Chicken Alfredo w/Bread            Breakfast Sandwich            Steamed Broccoli  <b>Fresh Cucumber Slices</b></p>	<p><b>12</b> Pizza Dunkers w/Marinara Sauce            Chicken Quesadilla            Sliced Carrots</p>
<p><b>15 BREAKFAST 4 LUNCH!</b>            Waffles w/Sausage            BBQ Pork Rib on a Roll            Sliced Carrots            Tater Tots  <b>Wager's Apple Cider</b> </p>	<p><b>16 TEX-MEX DAY!</b>            Meat &amp; Bean Taco w/Rice            Toasted Ham &amp; Cheese Sandwich            Refried Beans            Golden Sweet Corn  <b>Superintendent Houck is our guest server today!</b></p>	<p><b>17</b> Pasta w/Meatsauce &amp; Cheese            Pasta w/Marinara Sauce &amp; Cheese            Baked Crispy Chicken Sandwich            Green Beans  <b>Fresh Pepper Strips</b>  <b>Homemade Fruit Crisp</b></p>	<p><b>18 ASIAN RICE BOWL!</b>            Sesame Chicken w/Rice            Hot Dog on a Roll            Steamed Broccoli</p>	<p><b>19</b> Buffalo Macaroni &amp; Cheese w/Bread            Crispy Fish Filet Sandwich            Sliced Carrots</p>
<b>National School Lunch Week is October 15th-19th! Come check out what your cafeteria has to offer!</b>				
<p><b>22</b> Stuffed Crust Cheese Pizza            Authentic North Carolina Pulled Pork Sandwich            Sliced Carrots            Oven Fries</p>	<p><b>23 TEX-MEX DAY!</b>            Meat or Bean Nacho Grande w/Rice            Chicken BLT Salad w/Bread Choice            Refried Beans            Golden Sweet Corn</p>	<p><b>24</b> Baked Mozzarella Sticks w/Pasta &amp; Marinara Sauce            Philly Cheese Steak Sub            Green Beans  <b>Fresh Cucumber Slices</b>  <b>Cinnamon Applesauce</b>  <b>Jello</b></p>	<p><b>25</b> Hot Turkey &amp; Gravy w/Bread            Chicken Parmesan Sandwich            Steamed Broccoli            Mashed Potatoes w/Gravy</p>	<p><b>26</b> Pizza Dunkers w/Marinara Sauce            Italian Grilled Chicken Sandwich            Sliced Carrots</p>
<p><b>29 BREAKFAST 4 LUNCH!</b>            French Toast Sticks w/Sausage            Chicken Philly Sub            Sliced Carrots            Tater Tots</p>	<p><b>30 TEX-MEX DAY!</b>            Meat or Bean Taco w/Rice            Turkey Club Sub            Refried Beans            Golden Sweet Corn</p>	<p><b>31 HALLOWEEN LUNCH!</b>            Haunted Macaroni &amp; Cheese w/Bread             Cheesebooger on a Roll             Goulish Green Beans  <b>Freaky Baby Carrots</b>  <b>Frightening Fruit Crisp</b>  <b>Wager's Apple Cider</b> </p>	<p>  <b>HAPPY HALLOWEEN</b>  <b>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER &amp; PROVIDER</b></p>	<p><b>Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 243-5533 ext.7120 or Email: <a href="mailto:rocole@gstboces.org">rocole@gstboces.org</a> or <a href="mailto:aoverhiser@gstboces.org">aoverhiser@gstboces.org</a></b></p>