

OCTOBER 2018

SEASONAL HARVEST: Local NY Apples & Cider

DUNDEE CENTRAL SCHOOL GRADES PK-6TH

DAILY ENTREES:




- PBJ Sandwich
- Chef Salad w/Bread Choice*
- Vegetarian Chef Salad w/Bread Choice*
- Yogurt & Cheese Stick w/Bread Choice*
- Ham & Cheese Wrap
- Turkey & Cheese Wrap
- M/W/F:** Baked Chicken Nuggets w/Bread
- T/Th:** Cheese Pizza
- 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>1 BREAKFAST 4 LUNCH! French Toast Sticks w/Sausage Chicken Philly Sub Sliced Carrots Tater Tots Wager's Apple Cider</p>	<p>2 TEX-MEX DAY! Meat or Bean Taco w/Rice Turkey Club Sub Refried Beans Golden Sweet Corn</p>	<p>3 Homemade Macaroni & Cheese w/Bread Cheeseburger on a Roll Green Beans Fresh Baby Carrots Homemade Fruit Crisp</p>	<p>4 ASIAN RICE BOWL! Chicken & Orange Sauce w/Rice Southwest Taco Salad w/Rice Steamed Broccoli</p>	<p>5 PIZZA CHOICE DAY! Pepperoni Pizza Buffalo Wing Pizza Cheese Pizza Crispy Fish Filet Sandwich Sliced Carrots</p>
 Serving Apples daily from  Wager's Cider Mill!				
<p>8  Columbus Day</p>	<p>9 TEX-MEX DAY! Chicken Soft Taco w/Rice Chicken Caesar Salad w/Bagel Refried Beans Golden Sweet Corn</p>	<p>10 Toasted Cheese Sandwich Baked Crispy Chicken Sandwich Hot Tomato Soup Green Beans Fruity Jello w/Whipped Topping</p>	<p>11 Chicken Alfredo w/Bread Breakfast Sandwich Steamed Broccoli Fresh Cucumber Slices</p>	<p>12 Pizza Dunkers w/Marinara Sauce Chicken Quesadilla Sliced Carrots</p>
<p>15 BREAKFAST 4 LUNCH! Mini Pancakes w/Sausage BBQ Pork Rib on a Roll Sliced Carrots Tater Tots Wager's Apple Cider</p>	<p>16 TEX-MEX DAY! Meat & Bean Taco w/Rice Toasted Ham & Cheese Sandwich Refried Beans Golden Sweet Corn Superintendent Houck is our guest server today!</p>	<p>17 Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Chicken Ranch Wrap Green Beans Fresh Pepper Strips Homemade Fruit Crisp</p>	<p>18 ASIAN RICE BOWL! Sesame Chicken w/Rice Hot Dog on a Roll Steamed Broccoli</p>	<p>19 PIZZA CHOICE DAY! Pepperoni Pizza Garlic Pizza Cheese Pizza Crispy Fish Filet Sandwich Sliced Carrots</p>
<p>National School Lunch Week is October 15th-19th! Come check out what your cafeteria has to offer!</p>				
<p>22 Stuffed Crust Cheese Pizza Authentic North Carolina Pulled Pork Sandwich Sliced Carrots Green Beans</p>	<p>23 TEX-MEX DAY! Meat or Bean Nacho Grande w/Rice Chicken BLT Salad w/Bagel Refried Beans Golden Sweet Corn</p>	<p>24 Baked Mozzarella Sticks w/Pasta & Marinara Sauce Philly Cheese Steak Sub Green Beans Fresh Cucumber Slices Cinnamon Applesauce Jello</p>	<p>25 Hot Turkey & Gravy w/Bread Homestyle Crispy Chicken Tenders w/Rice Steamed Broccoli Mashed Potatoes w/Gravy</p>	<p>26 Pizza Dunkers w/Marinara Sauce Baked Crispy Chicken Sandwich Sliced Carrots</p>
<p>29 BREAKFAST 4 LUNCH! French Toast Sticks w/Sausage Chicken Philly Sub Sliced Carrots Tater Tots</p>	<p>30 TEX-MEX DAY! Meat or Bean Taco w/Rice Turkey Club Sub Refried Beans Golden Sweet Corn</p>	<p>31 HALLOWEEN LUNCH! Haunted Macaroni & Cheese w/Bread Cheesebooger on a Roll Goulish Green Beans Freaky Baby Carrots Frightening Fruit Crisp Wager's Apple Cider</p>	<p> HAPPY HALLOWEEN</p> <p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>	<p>Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 243-5533 ext.7120 or Email: rocole@gstboces.org or aoverhiser@gstboces.org</p>