

OCTOBER 2018

SEASONAL HARVEST: Local NY Apples & Cider

PHOENIX ACADEMY

AVAILABLE DAILY

- PBJ Sandwich
- Chef Salad w/Bread Choice
- Vegetarian Chef Salad w/Bread Choice
- Yogurt w/Bread Choice
- Trix Yogurt & Cheese Stick w/Bread Choice
- Hummus w/Veggies, Chips & Bread
- Turkey & Cheese Sandwich
- Ham & Cheese Sandwich
- Cheese Pizza
- Tossed Salad**
- Fresh Vegetables**
- Fresh Fruit**
- Fruit Cups
- 100% Fruit Juice
- Chilled Milk
- WEEKLY SPECIALS**
- M,W,F** - Baked Crispy Chicken Sandwich
- T/Th** - Baked Chicken Nuggets w/Bread
- Bread Choice = Breadstick, Soft Pretzel or Bagel**

PRICING

- Breakfast and Lunch \$0.00
- Milk/Ala Carte Side \$0.75
- Snacks \$0.50-\$1.30

NOTE: Every Broad Horizon 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.

THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 BREAKFAST 4 LUNCH! French Toast Sticks w/Sausage Turkey Club Sub Sliced Carrots Tater Tots</p>	<p>2 TEX-MEX DAY! Meat or Bean Nacho Grande w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>3 Homemade Macaroni & Cheese w/Bread Cheeseburger on a Roll Green Beans Fresh Baby Carrots Fruity Jello</p>	<p>4 ASIAN RICE BOWL! Chicken Teriyaki w/Rice Southwest Taco Salad w/Rice Steamed Broccoli</p>	<p>5 PIZZA CHOICE DAY! Buffalo Wing Pizza Pepperoni Pizza Crispy Fish Filet Sandwich Sliced Carrots</p>
<p>Serving Apples daily from Wager's Cider Mill! </p>				
<p>8  Columbus Day</p>	<p>9 TEX-MEX DAY! Meat or Bean Walking Taco w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>10 Toasted Cheese Sandwich Tuna Salad Sandwich Hot Tomato Soup Green Beans Homemade Fruit Crisp</p>	<p>11 Chicken Alfredo w/Bread Hot Dog on a Roll Steamed Broccoli Fresh Cucumber Slices</p>	<p>12 Pizza Dunkers w/Marinara Sauce BBQ Pork Rib on a Roll Sliced Carrots</p>
<p>15 BREAKFAST 4 LUNCH! Mini Pancakes w/Sausage Italian Meatball Sub Sliced Carrots Tater Tots</p>	<p>16 TEX-MEX DAY! Meat or Bean Nacho Grande w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>17 Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Chicken Ranch Wrap Green Beans Fresh Pepper Strips Cinnamon Applesauce Jello</p>	<p>18 ASIAN RICE BOWL! Sesame Chicken w/Rice Southwest Taco Salad w/Rice Steamed Broccoli</p>	<p>19 NO SCHOOL</p>
<p>National School Lunch Week is October 15th-19th! Come check out what your cafeteria has to offer!</p>				
<p>22 Authentic North Carolina Pulled Pork Sandwich Stuffed Crust Cheese Pizza Sliced Carrots Oven Fries</p>	<p>23 TEX-MEX DAY! Meat or Bean Walking Taco w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>24 Hot Turkey & Gravy w/Bread Spicy Baked Chicken Sandwich Mashed Potatoes w/Gravy Green Beans</p>	<p>25 Baked Mozzarella Sticks w/Pasta & Marinara Sauce Buffalo Ranch Wrap Steamed Broccoli Fresh Cucumber Slices</p>	<p>26 Pizza Dunkers w/Marinara Sauce Hot Dog on a Roll Sliced Carrots</p>
<p>29 BREAKFAST 4 LUNCH! French Toast Sticks w/Sausage Turkey Club Sub Sliced Carrots Tater Tots</p>	<p>30 TEX-MEX DAY! Meat or Bean Nacho Grande w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>31 HALLOWEEN LUNCH! Oeey Goeey Macaroni & Cheese w/Bread Creepy Crawly Cheeseburger on a Roll Goblin Green Beans Spooky Baby Carrots Frightful Fruited Jello Wager's Apple Cider  </p>	<p>Success at School Starts with School Breakfast Join us every morning for the most important meal of the day to start your day off right!!</p>	<p>Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 739-5601 ext. 3671 or Email: jesbrown@gstbooces.org</p>