

# OCTOBER 2017



# TAE HIGH SCHOOL

## Available Daily

**PBJ Sandwich**  
**Chef Salad w/Bread Choice**  
**Vegetarian Chef Salad w/Bread Choice**  
**Yogurt w/Bread Choice**  
**Fruit & Yogurt Parfait w/Bread Choice**  
**Assorted Pizza**

**M/W/F: Asst. Subs**  
**T/Th: Asst. Wraps**

**Tossed Salad**  
**Fresh Vegetables**  
**Fresh Fruit**

**Fruit Cups**  
**100% Fruit Juice**  
**Chilled Milk**

## Weekly Specials:

**MON:** Cheeseburger on a Roll  
**TUES:** Chicken Nuggets w/Bread

**WED:** Baked Crispy Chicken Sandwich (Plain or Spicy)

**THURS:** BBQ Pork Rib on a Roll

**Fri:** Baked Mozzarella Sticks w/Marinara Sauce

**Bread Choice = Breadstick or Soft Pretzel**

## PRICING

<b>Grades PK-8</b>	<b>\$1.50</b>
<b>Grades 9-12</b>	<b>\$1.70</b>
<b>Reduced</b>	<b>\$0.25</b>
<b>Breakfast</b>	<b>\$1.35</b>
<b>Milk/Ala Carte</b>	<b>\$0.75</b>
<b>Snacks</b>	<b>\$0.50-\$1.30</b>

## BREAKFAST MENU

**MONDAY:** Breakfast Wrap


**TUESDAY:** Breakfast on a Stick

**WEDNESDAY:** Breakfast Sandwich

**THURSDAY:** French Toast Sticks

**FRIDAY:** Breakfast Pizza

**DAILY OPTIONS:** Cinnamon Roll, Bagel, Goldfish Graham, Cereal, Muffin Top, Yogurt, Fruit, Fruit Juice & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
2 French Toast Sticks w/Sausage Buffalo Wrap Carrot Coins Tater Tots	3 Meat or Bean Tacos w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans	4 Homemade Macaroni & Cheese w/Bread Green Beans <b>Fresh Baby Carrots</b> <b>Fruity Jello w/Whipped Topping</b>	5 Chicken Teriyaki w/Rice Hot Dog on a Roll Steamed Broccoli Florets	6 Crispy Fish Filet Sandwich Carrot Coins
9  Columbus Day	10 Meat or Bean Nacho Grande w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans	11 Hot Turkey & Gravy w/Biscuit Breakfast Sandwich Green Beans Mashed Potatoes w/Gravy <b>Homemade Fruit Crisp</b>	12 Chicken Philly Sub Southwest Taco Salad w/Rice Steamed Broccoli Florets <b>Fresh Cucumber Slices</b>	13 Pizza Dunkers w/Marinara Sauce Turkey Club Wrap Carrot Coins
<b>National School Lunch Week is October 9th-13th! Come check out what your cafeteria has to offer!</b>				
16 Mini Pancakes w/Sausage Chicken Ranch Wrap Carrot Coins Tater Tots	17 Meat or Bean Walking Taco w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans	18 Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Tuna Salad Sandwich Green Beans <b>Fresh Pepper Strips</b> <b>Cinnamon Applesauce</b> Jello	19 Sesame Chicken w/Rice Hot Dog on a Roll Steamed Broccoli Florets	<b>CONFERENCE DAY</b>  <b>NO SCHOOL</b>
23 Authentic North Carolina Pulled Pork Sandwich Popcorn Chicken Bites w/Goldfish Carrot Coins Oven Fries	24 Meat or Bean Nacho Grande w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans	25 <b>EARLY DISMISSAL</b> <b>GRAB-N-GO LUNCH</b> PBJ Sandwich w/Fresh Veggie, Fruit & Milk or Yogurt & Cheese Stick w/Muffin, Goldfish Graham, Fresh Veggie, Fruit & Mik	26 Buffalo Melt Southwest Taco Salad w/Rice Steamed Broccoli Florets <b>Fresh Cucumber Slices</b>	27 Pizza Dunkers w/Marinara Sauce Toasted Cheese Sandwich Carrot Coins Hot Tomato Soup
30 French Toast Sticks w/Sausage Buffalo Wrap Carrot Coins Tater Tots	31 Meat or Bean Tacos w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans	Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 733-5854 or Email: <a href="mailto:sblunt@gstboces.org">sblunt@gstboces.org</a> or <a href="mailto:mdougherty@gstboces.org">mdougherty@gstboces.org</a>	<b>FREE &amp; REDUCED APPLICATION REMINDER:</b> Submit your new application for the 2017-2018 school year to guarantee your child will continue to receive appropriate benefits. Those students with no application on file will be <b>CHANGED TO PAID STATUS IN OCTOBER.</b>	
<b>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER &amp; PROVIDER</b>				

# VEGETARIAN LUNCH MENU OPTIONS

**FUELING YOUNG MINDS TO DO THEIR VERY BEST**



## VEGETARIAN LUNCH ENTRÉE SELECTIONS

- **AVAILABLE DAILY ENTRÉE SELECTIONS**
  - PBJ Sandwich
  - Vegetarian Chef Salad w/Bread Choice
  - Yogurt w/Bread Choice
  - Fruit & Yogurt Parfait w/Bread Choice
  - Cottage Cheese w/Fruit & Bread Choice
- **FEATURED ENTRÉE SELECTIONS**
  - Pizza Dunkers w/Marinara Sauce
  - Cheese Pizza, Garlic Pizza, Garlic & Broccoli Pizza, Veggie Lover's Pizza
  - Egg Salad Sandwich
  - Homemade Macaroni & Cheese w/Bread
  - Toasted Cheese Sandwich
  - Bean Nacho Grande
  - Bean Tacos w/Rice
  - Baked Mozzarella Sticks w/Marinara Sauce
  - Cheese or Plain Veggie Burger on a Bun
  - French Toast Sticks
  - Pancakes & Waffles
  - Pasta w/Marinara Sauce
  - Hummus w/Veggies, Chips & Bread
  - Hummus & Fresh Veggie Wrap
  - Veggie Lover's Subs & Wraps
  - Breakfast Sandwich (Request egg & cheese only)

## CHOOSE YOUR OWN VEGETARIAN COMBINATIONS

### Vegetable Selections

- Cauliflower
- Broccoli
- Fresh Baby Carrots
- Fresh Pepper Strips
- Fresh Celery Sticks
- Fresh Cucumber Slices
- Fresh Tossed Salad
- Green Beans
- Carrot Coins
- Corn
- Tomato Soup
- Sweet Potatoes (Mashed, Fries, Wedges)
- Steamed Broccoli
- Oven Fries
- Mashed Potatoes
- Tater Tots
- Potato Wedges
- Refried Beans
- Sweet Peas
- California Blend Vegetables
- Steamed Vegetable Medley
- Marinara Sauce
- Baked Beans
- Fresh Tomatoes

### Fruit Selections

- Fresh Watermelon
- Fresh Pineapple
- Fresh Grapes
- Fresh Kiwi
- Fresh Bananas
- Fresh Apples
- Fresh Cantaloupe
- Fresh Oranges
- Fresh Grapefruit
- Peaches
- Pears
- Applesauce
- Mandarin Oranges
- Strawberries
- Blueberries
- Mixed Fruit
- Raisins
- 100% Fruit Juice
- Other Seasonal Fruit Selections