

# OCTOBER 2017



# HORNELL MIDDLE & HIGH SCHOOL

## AVAILABLE DAILY

**PBJ Sandwich**  
**Made to Order Subs, Wraps & Sandwiches**  
**Baked Crispy Chicken Sandwich**  
**Hamburger on a Roll**  
**M/W/F:** Chicken Caesar Salad w/Bread Choice  
**Tues & Thurs:** Chicken BLT Salad w/Bread Choice  
**Tossed Salad**  
**Fresh Vegetables**  
**Fresh Fruit**  
**Fruit Cups**  
**100% Fruit Juice**  
**Chilled Milk**  
**Bread Choice = Breadstick or Soft Pretzel**

**PRICING**  
 Breakfast and Lunch \$0.00  
 Milk/Juice/Ala Carte Side \$0.75  
 Snacks \$0.50-\$1.30  
 PK-12th: 2nd B-fast Entree \$1.00  
 PK-6th: 2nd Lunch Entree \$1.40  
 7th-12th: 2nd Lunch Entree \$1.60  
**NOTE: Every student gets 1 breakfast & 1 lunch at no charge per school day. Each breakfast & lunch must be a COMPLETE REIMBURSABLE MEAL or students will be charged ala carte for each item on their tray.**

## POWER UP WITH SCHOOL BREAKFAST!!

Check out the Breakfast Menu on the district website or contact the food service office to have one sent home with your student.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Italian Meatball Sub Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins	3 Meat Taco w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Baked Beans <b>Fresh Cucumber Slices</b>	4 BBQ Pork Rib on a Roll Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza <b>Fresh Baby Carrots</b> Oven Fries <b>Cinnamon Applesauce</b> Jello	5 Chicken Strip Sub Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets	6 Homemade Macaroni & Cheese w/Bread Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Green Beans
9  Columbus Day	10 Chicken Soft Taco w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Baked Beans <b>Fresh Cucumber Slices</b>	11 Breakfast Sandwich Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza <b>Fresh Baby Carrots</b> Tater Tots <b>Homemade Fruit Crisp</b>	12 Chicken Alfredo w/Bread Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets	13 Baked Mozzarella Sticks w/Pasta & Marinara Sauce Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Green Beans
<b>National School Lunch Week is October 9th-13th! Come check out what your cafeteria has to offer!</b>				
16 Authentic North Carolina Pulled Pork Sandwich Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza <b>Fresh Baby Carrots</b> Oven Fries	17 Meat Nacho Grande w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Baked Beans <b>Fresh Cucumber Slices</b>	18 Toasted Cheese Sandwich Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins Hot Tomato Soup <b>Cinnamon Applesauce</b> Jello	19 Pizza Dunkers w/Marinara Sauce Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets	<b>CONFERENCE DAY</b>  <b>NO SCHOOL</b>
23 Popcorn Chicken Bites w/Bread Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins	24 Chicken Soft Taco w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Baked Beans <b>Fresh Cucumber Slices</b>	25 French Toast Sticks w/Sausage Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza <b>Fresh Baby Carrots</b> Tater Tots <b>Homemade Fruit Crisp</b>	26 Chicken & Orange Sauce w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets	27 Hot Turkey & Gravy w/Bread Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Green Beans Mashed Potatoes w/Gravy
30 Italian Meatball Sub Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins	31 Meat Taco w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Baked Beans <b>Fresh Cucumber Slices</b>		<b>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER &amp; PROVIDER</b>	<b>Contact the FS Office</b> if you have any questions, comments or concerns. We can be reached at (607) 324-1303 Ext. 1570 or <b>Email:</b> <a href="mailto:tswisher@gstboces.org">tswisher@gstboces.org</a>

# 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