

# OCTOBER 2017



## HORSEHEADS SCHOOL DISTRICT - GRADES PK-4TH

### AVAILABLE DAILY

Chef Salad w/Bread Choice  
 Vegetarian Chef Salad w/Bread Choice  
 Yogurt w/Bread Choice  
 Hummus w/Veggies, Chips & Bread  
 Cheese Pizza  
 PBJ Sandwich  
 Turkey & Cheese Sandwich  
 Ham & Cheese Sandwich  
**Tossed Salad**  
**Fresh Vegetables**  
**Fresh Fruit**  
 Fruit Cups  
 100% Fruit Juice  
 Chilled Milk

### WEEKLY SPECIALS

**M,W,F** - Baked Chicken Nuggets w/Bread  
**T/Th** - Baked Crispy Chicken Sandwich  
**Bread Choice = Breadstick, Soft Pretzel or Bagel**

### PRICING

Grades K-6th \$2.10  
 Grades 7th-12th \$2.35  
 Reduced \$0.25  
 Breakfast \$1.25  
 Milk/Ala Carte Sides \$0.75  
 Snacks \$0.50-\$1.30

### BREAKFAST MENU

**MONDAY:** Mini Waffles or Pancakes  
**TUESDAY:** Breakfast Sandwich  
**WEDNESDAY:** Cinnamon Bun  
**THURSDAY:** French Toast Sticks  
**FRIDAY:** Breakfast on a Stick  
**DAILY OPTIONS:** Bagel, Goldfish Graham, Cereal, Oatmeal, Muffin Top, Oatmeal Bar, Yogurt, Fruit, 100% Fruit Juice & Milk

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| 2<br>Chicken Philly Sub<br>Italian Meatball Sub<br>Carrot Coins<br>Green Beans                          | 3<br>Meat or Bean Taco w/Rice<br>Chicken BLT Salad w/Bread Choice<br>Golden Sweet Corn<br>Refried Beans             | 4<br>Chicken Teriyaki w/Rice<br>Hot Dog on a Roll<br>Steamed Broccoli Florets<br><b>Fruity Jello w/Whipped Topping</b>  | 5<br>Homemade Macaroni & Cheese w/Bread<br>Baked Chicken Tenders w/Goldfish<br>Green Beans<br><b>Fresh Baby Carrots</b>  | 6<br><b>PIZZA DAY</b><br>Pepperoni Pizza<br>Baked Mozzarella Sticks w/Pasta & Marinara Sauce<br>Carrot Coins |
| 9<br> Columbus Day     | 10<br>Meat or Bean Nacho Grande w/Rice<br>Chicken Caesar Salad w/Bread Choice<br>Golden Sweet Corn<br>Refried Beans | 11<br>Hot Turkey & Gravy w/Bread<br>Buffalo Wrap<br>Steamed Broccoli Florets<br>Mashed Potatoes w/Gravy<br><b>Homemade Fruit Crisp</b>  | 12<br>Toasted Cheese Sandwich<br>Popcorn Chicken Bites w/Bread<br>Hot Tomato Soup<br><b>Fresh Cucumber Slices</b>  | 13<br><b>PIZZA DAY</b><br>Pizza Dunkers w/Marinara Sauce<br>BBQ Pork Rib on a Roll<br>Carrot Coins           |
| <b>National School Lunch Week is October 9th-13th! Come check out what your cafeteria has to offer!</b> |   |   |  |  |
| 16<br>Waffles & Sausage<br>Italian Meatball Sub<br>Carrot Coins<br>Tater Tots                           | 17<br>Meat or Bean Taco w/Rice<br>Chicken BLT Salad w/Bread Choice<br>Golden Sweet Corn<br>Refried Beans            | 18<br>Sesame Chicken w/Rice<br>Hot Dog on a Roll<br>Steamed Broccoli Florets<br><b>Cinnamon Applesauce Jello</b>  | 19<br>Pasta w/Meatsauce & Cheese<br>Pasta w/Marinara Sauce & Cheese<br>Chicken Ranch Wrap<br>Green Beans<br><b>Fresh Pepper Strips</b>   | 20<br><b>CONFERENCE DAY</b><br><b>NO SCHOOL</b>  |
| 23<br>BBQ Pork Rib on a Bun<br>Buffalo Wrap<br>Carrot Coins<br>Oven Fries                               | 24<br>Meat or Bean Walking Taco w/Rice<br>Chicken Caesar Salad w/Bread Choice<br>Golden Sweet Corn<br>Refried Beans | 25<br>Hot Turkey & Gravy w/Bread<br>Egg Salad Sandwich<br>Steamed Broccoli Florets<br>Mashed Potatoes w/Gravy<br><b>Homemade Fruit Crisp</b>  | 26<br>Baked Mozzarella Sticks w/Pasta & Marinara Sauce<br>Chicken Fajita Salad w/Rice<br>Green Beans<br><b>Fresh Cucumber Slices</b>   | 27<br><b>PIZZA DAY</b><br>Pizza Dunkers w/Marinara Sauce<br>Sloppy Joe on a Roll<br>Carrot Coins             |
| 30<br>Toasted Ham & Cheese Sandwich<br>Chicken Philly Sub<br>Carrot Coins<br>Green Beans                | 31<br>Meat or Bean Taco w/Rice<br>Chicken BLT Salad w/Bread Choice<br>Golden Sweet Corn<br>Refried Beans            | Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 739-5601 ext. 3671 or Email: <a href="mailto:sblunt@gstboces.org">sblunt@gstboces.org</a> | <b>FREE &amp; REDUCED APPLICATION REMINDER:</b><br>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