

OCTOBER 2017



HORSEHEADS SCHOOL DISTRICT GRADES 9th-12th

Monday

Tuesday

Wednesday

Thursday

Friday

AVAILABLE DAILY

PBJ Sandwich
Deli Subs & Wraps
Yogurt w/Bread Choice
Fruit & Yogurt Parfait w/Bread Choice
Chef Salad w/Bread Choice
Vegetarian Chef Salad w/Bread Choice

Hummus w/Veggies, Chips & Bread
Assorted Pizza
Baked Chicken Nuggets w/Bread
Baked Crispy Chicken Sandwich (Plain or Spicy)
Cheeseburger on a Roll
Cheesy Veggie Burger on a Roll

Tossed Salad
Fresh Vegetables
Fresh Fruit

Fruit Cups
100% Fruit Juice
Chilled Milk

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: UBR
WEDNESDAY: Breakfast Sandwich
FRIDAY: Breakfast on a Stick
DAILY OPTIONS: Cinnamon Roll, Bagel, Goldfish Graham, Cereal, Muffin Top, Oatmeal Bar, Oatmeal, Yogurt, Breakfast Smoothie, Fruit, 100% Fruit Juice & Milk

² Toasted Ham & Cheese Sandwich
Chicken Philly Sub
Carrot Coins
Green Beans



¹⁶ Waffles w/Sausage
Warm Buffalo Sub
Carrot Coins
Tator Tots

²³ Authentic North Carolina Pulled Pork Sandwich
Grilled Chicken Sandwich
Carrot Coins
Oven Fries

³⁰ Stuffed Crust Pizza
Chicken Philly Sub
Carrot Coins
Green Beans

TEX-MEX DAY

Meat or Bean Taco w/Rice
Chicken BLT Salad w/Bread Choice
Golden Sweet Corn
Refried Beans

TEX-MEX DAY

Meat or Bean Nacho Grande w/Rice
Chicken Caesar Salad w/Bread Choice
Golden Sweet Corn
Refried Beans

TEX-MEX DAY

Meat or Bean Taco w/Rice
Chicken BLT Salad w/Bread Choice
Golden Sweet Corn
Refried Beans

TEX-MEX DAY

Meat or Bean Walking Taco w/Rice
Chicken Caesar Salad w/Bread Choice
Golden Sweet Corn
Refried Beans

TEX-MEX DAY

Meat or Bean Taco w/Rice
Chicken BLT Salad w/Bread Choice
Golden Sweet Corn
Refried Beans

THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER

⁴ Chicken Teriyaki w/Rice
Buffalo Wrap
Steamed Broccoli Florets
Fresh Baby Carrots
Fruity Jello w/Whipped Topping

¹¹ Hot Turkey & Gravy w/Bread
Hot Dog on a Roll
Steamed Broccoli Florets
Mashed Potatoes w/Gravy
Homemade Fruit Crisp

¹⁸ Sesame Chicken w/Rice
Hot Dog on a Roll
Steamed Broccoli Florets
Fresh Pepper Strips
Cinnamon Applesauce
Jello

²⁵ Hot Turkey & Gravy w/Bread
Egg Salad Sandwich
Steamed Broccoli Florets
Mashed Potatoes w/Gravy
Homemade Fruit Crisp

Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 739-5601 ext. 3671 or **Email:** sblunt@gstboces.org

⁵ Homemade Macaroni & Cheese w/Bread
Popcorn Chicken Bites w/Goldfish
Green Beans
Oven Fries

¹² Buffalo Melt
Southwest Taco Salad w/Rice
Fresh Cucumber Slices

¹⁹ Pasta w/Meatsauce & Cheese
Pasta w/Marinara Sauce & Cheese
Toasted Cheese Sandwich
Green Beans
Tomato Soup

²⁶ Baked Mozzarella Sticks w/Pasta & Marinara Sauce
Chicken Fajita Salad w/Rice
Green Beans
Fresh Cucumber Slices

FREE & REDUCED APPLICATION REMINDER: 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 **CHANGED TO PAID STATUS IN OCTOBER.**

⁶ Baked Mozzarella Sticks w/Pasta & Marinara Sauce
Crispy Fish Filet Sandwich
Carrot Coins

¹³ Pizza Dunkers w/Marinara Sauce
Italian Meatball Sub
Carrot Coins
Tator Tots

CONFERENCE DAY
NO SCHOOL

²⁷ Pizza Dunkers w/Marinara Sauce
Sloppy Joe on a Roll
Carrot Coins

National School Lunch Week is October 9th-13th! Come check out what your cafeteria has to offer!

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