

OCTOBER 2017



HORSEHEADS SCHOOL DISTRICT - GRADES 5th-8th

AVAILABLE DAILY

Chef Salad w/Bread Choice
 Vegetarian Chef Salad w/Bread Choice
 Yogurt w/Bread Choice
 Hummus w/Veggies, Chips & Bread
 Asst Pizza
 PBJ Sandwich
 Assort. Subs & Wraps
Tossed Salad
Fresh Vegetables
Fresh Fruit
 Fruit Cups
 100% Fruit Juice
 Chilled Milk

WEEKLY SPECIALS

Mon Baked Chicken Nuggets w/Bread
Tues: Cheese burger or Cheesy Veggie Burger on a Roll
Wed: Popcorn Chicken Bites w/Bread
Thurs: Baked Crispy Chicken Sandwich
Fri: BBQ Pork Rib on a Roll
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: Breakfast on a Stick
TUES/THURS: Breakfast Sandwich
WEDNESDAY: Breakfast Pizza
FRIDAY: Mini Pancakes & Waffles
DAILY OPTIONS: Cinnamon Roll, Bagel, Goldfish Graham, Cereal, Oatmeal, Muffin Top, Oatmeal Bar, Yogurt, Smoothie (Mon & Fri), Fruit, 100% Fruit Juice & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
2 Toasted Ham & Cheese Sandwich Chicken Philly Sub Carrot Coins Green Beans	3 Meat or Bean Taco w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans	4 Chicken Teriyaki w/Rice Hot Dog on a Roll Steamed Broccoli Florets Fruity Jello w/Whipped Topping	5 Homemade Macaroni & Cheese w/Bread Baked Chicken Tenders w/Goldfish Green Beans Fresh Baby Carrots	6 Baked Mozzarella Sticks w/Pasta & Marinara Sauce 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/Bread Buffalo Wrap Steamed Broccoli Florets Mashed Potatoes w/Gravy Homemade Fruit Crisp	12 Toasted Cheese Sandwich Southwest Taco Salad w/Rice Hot Tomato Soup Fresh Cucumber Slices	13 Pizza Dunkers w/Marinara Sauce Italian Meatball Sub Carrot Coins
National School Lunch Week is October 9th-13th! Come check out what your cafeteria has to offer!				
16 Waffles w/Sausage Italian Meatball Sub Carrot Coins Tater Tots	17 Meat or Bean Taco w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans	18 Sesame Chicken w/Rice Hot Dog on a Roll Steamed Broccoli Florets Cinnamon Applesauce Jello	19 Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Chicken Ranch Wrap Green Beans Fresh Pepper Strips	CONFERENCE DAY NO SCHOOL
23 Authentic North Carolina Pulled Pork Sandwich Warm Buffalo Sub Carrot Coins Oven Fries	24 Meat or Bean Walking Taco w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans	25 Hot Turkey & Gravy w/Bread Egg Salad Sandwich Steamed Broccoli Florets Mashed Potatoes w/Gravy Homemade Fruit Crisp	26 Baked Mozzarella Sticks w/Pasta & Marinara Sauce Chicken Fajita Salad w/Rice Green Beans Fresh Cucumber Slices	27 Pizza Dunkers w/Marinara Sauce Sloppy Joe on a Roll Carrot Coins
30 Stuffed Crust Pizza Chicken Philly Sub Carrot Coins Green Beans Oven Fries	31 Meat or Bean Taco 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) 739-5601 ext. 3671 or Email: sblunt@gstboces.org	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.	
THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER				

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