


OCTOBER 2017



GST BOCES P-TECH/STEM ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Cheese Stick & Yogurt w/Granola Bar Whole Wheat Bread 1 Cup Fresh Baby Carrots w/Ranch 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>3 Chicken BLT Salad w/Bagel 1/2 Cup Garbanzo Beans 4 oz Sunset Sip Juice Fresh Orange 4 oz Fruit Juice Low Fat Milk</p>	<p>4 Tuna Salad Sandwich 1 Cup Fresh Broccoli w/Ranch 1/2 Cup Diced Peaches 4 oz Fruit Juice Low Fat Milk</p>	<p>5 Triple Decker PBJ Sandwich 1 Cup Cucumber Slices w/Ranch Fruity Jello w/Whipped Topping 4 oz Fruit Juice Low Fat Milk</p>	<p>6 Turkey & Cheese Wrap 1/2 Cup Golden Sweet Corn 4 oz Sunset Sip Juice Fresh Apple 4 oz Fruit Juice Low Fat Milk</p>
<p>9  Columbus Day</p>	<p>10 Chicken Caesar Salad w/Bagel 1/2 Cup Garbanzo Beans 4 oz Sunset Sip Juice Fresh Orange 4 oz Fruit Juice Low Fat Milk</p>	<p>11 Buffalo Wrap 1 Cup Fresh Broccoli w/Ranch 1/2 Cup Diced Peaches 4 oz Fruit Juice Low Fat Milk</p>	<p>12 Triple Decker PBJ Sandwich 1 Cup Cucumber Slices w/Ranch Homemade Fruit Crisp 4 oz Fruit Juice Low Fat Milk</p>	<p>13 Ham & Cheese Wrap 1/2 Cup Golden Sweet Corn 4 oz Sunset Sip Juice Fresh Apple 4 oz Fruit Juice Low Fat Milk</p>
<p>16 Cheesestick & Yogurt w/Muffin Whole Wheat Bread 1 Cup Fresh Baby Carrots w/Ranch 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>17 Chicken BLT Salad w/Bagel 1/2 Cup Garbanzo Beans 4 oz Sunset Sip Juice Fresh Orange 4 oz Fruit Juice Low Fat Milk</p>	<p>18 Chicken Ranch Wrap 1 Cup Fresh Broccoli w/Ranch 1/2 Cup Diced Peaches 4 oz Fruit Juice Low Fat Milk</p>	<p>19 Triple Decker PBJ Sandwich 1 Cup Cucumber Slices w/Ranch Cinnamon Applesauce Jello 4 oz Fruit Juice Low Fat Milk</p>	<p>20 CONFERENCE DAY NO SCHOOL</p>
<p>23 Cheese Stick & Yogurt w/Chips Whole Wheat Bread 1 Cup Fresh Baby Carrots w/Ranch 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>24 Chicken Caesar Salad w/Bagel 1/2 Cup Garbanzo Beans 4 oz Sunset Sip Juice Fresh Orange 4 oz Fruit Juice Low Fat Milk</p>	<p>25 Egg Salad Sandwich 1 Cup Fresh Broccoli w/Ranch 1/2 Cup Diced Peaches 4 oz Fruit Juice Low Fat Milk</p>	<p>26 Triple Decker PBJ Sandwich 1 Cup Cucumber Slices w/Ranch Homemade Fruit Crisp w/Whipped Topping 4 oz Fruit Juice Low Fat Milk</p>	<p>27 Ham & Cheese Wrap 1/2 Cup Golden Sweet Corn 4 oz Sunset Sip Juice Fresh Apple 4 oz Fruit Juice Low Fat Milk</p>
<p>30 Cheese Stick & Yogurt w/Granola Bar Whole Wheat Bread 1 Cup Fresh Baby Carrots w/Ranch 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>31 Chicken BLT Salad w/Bagel 1/2 Cup Garbanzo Beans 4 oz Sunset Sip Juice Fresh Orange 4 oz Fruit Juice Low Fat Milk</p>	<p>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.</p>	<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>	<p>Contact the FS Office if you have any questions, comments or concerns. We can be reached by phone or email. kcrouse@gstboces.org</p>