

OCTOBER 2017



WATKINS GLEN SCHOOL DISTRICT - GRADES PK-6th

Available Daily

- PBJ Sandwich
- Chef Salad w/Bread Choice*
- Vegetarian Chef Salad w/Bread Choice*
- Yogurt & Cheese Stick w/Bread Choice*
- Ham & Cheese Sub
- Turkey & Cheese Sub
- M/W/F:** Cheese Pizza
- T/Th:** Baked Chicken Nuggets w/Bread
- Tossed Salad**
- Fresh Vegetables**
- Fresh Fruit**
- Fruit Cups
- 100% Fruit Juice
- Chilled Milk


Bread Choice = Breadstick or Soft Pretzel

PRICING:

Grades K-6th	\$2.00
Grades 7th-12th	\$2.25
Reduced	\$0.25
Breakfast	\$1.20
Milk/Ala Carte Sides	\$0.75
Snacks	\$0.50-\$1.30

BREAKFAST MENU

- MONDAY:** UBR
- TUESDAY:** French Toast Sticks
- WEDNESDAY:** Breakfast on a Stick
- THURSDAY:** Mini Pancakes or Waffles
- FRIDAY:** Breakfast Sandwich or Wrap
- DAILY OPTIONS:** Cinnamon Roll, Bagel, Godfish Graham, Cereal, Oatmeal, Muffin Top, Oatmeal Bar, Yogurt, Smoothies (7th-12th Only), Fruit, 100% Fruit Juice & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>² French Toast Sticks w/Sausage Buffalo Wrap Carrot Coins Tater Tots</p>	<p>³ TEX-MEX DAY Meat or Bean Taco w/Rice Refried Beans Golden Sweet Corn</p>	<p>⁴ Chicken Teriyaki w/Rice Hot Dog on a Roll Steamed Broccoli Florets Fruity Jello w/Whipped Topping</p>	<p>⁵ Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Chicken BLT Salad w/Bread Choice Green Beans Fresh Baby Carrots</p>	<p>⁶ PIZZA DAY Pepperoni Pizza Garlic Pizza Carrot Coins</p>
<p>⁹  Columbus Day</p>	<p>¹⁰ TEX-MEX DAY Meat or Bean Nacho Grande w/Rice Refried Beans Golden Sweet Corn</p>	<p>¹¹ Toasted Cheese Sandwich BBQ Pork Rib on a Roll Steamed Broccoli Florets Hot Tomato Soup Homemade Fruit Crisp</p>	<p>¹² Chicken Alfredo w/Bread Breakfast Sandwich Green Beans Fresh Cucumber Slices</p>	<p>¹³ PIZZA DAY Stuffed Crust Pizza Turkey Club Wrap Carrot Coins</p>
<p>National School Lunch Week is October 9th-13th! Come check out what your cafeteria has to offer!</p>				
<p>¹⁶ Cheeseburger on a Roll Cheesy Veggie Burger on a Roll Hot Dog on a Roll Carrot Coins Oven Fries</p>	<p>¹⁷ TEX-MEX DAY Meat or Bean Taco w/Rice Refried Beans Golden Sweet Corn</p>	<p>¹⁸ Sesame Chicken w/Rice Italian Meatball Sub Steamed Broccoli Florets Cinnamon Applesauce Jello</p>	<p>¹⁹ Homemade Macaroni & Cheese w/Bread Chicken Caesar Salad w/Bread Choice Green Beans Fresh Green Pepper Strips</p>	<p>²⁰ CONFERENCE DAY NO SCHOOL</p>
<p>²³ BBQ Pork Rib on a Roll Baked Crispy Chicken Sandwich Carrot Coins Oven Fries</p>	<p>²⁴ TEX-MEX DAY Chicken Soft Taco w/Rice Refried Beans Golden Sweet Corn</p>	<p>²⁵ Turkey & Gravy w/Bread Tuna Salad Sandwich Steamed Broccoli Florets Mashed Potatoes w/Gravy Homemade Fruit Crisp</p>	<p>²⁶ Baked Mozzarella Sticks w/Pasta & Marinara Sauce Chicken Ranch Wrap Green Beans Fresh Cucumber Slices</p>	<p>²⁷ PIZZA DAY Pizza Dunkers w/Marinara Sauce Southwest Taco Salad Carrot Coins</p>
<p>³⁰ Philly Cheese Steak Sub Popcorn Chicken Bites w/Bread Carrot Coins Oven Fries</p>	<p>³¹ HALLOWEEN LUNCH Haunted Hamburgers Spooky Hot Dogs Cobweb Corn Orange Fruited Jello</p>	<p>Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 535-3214 or Email: rocole@gstbooces.org</p>	<p>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.</p>	
<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>				

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