

OCTOBER 2017



WATKINS-GLEN HEADSTART & PRE-K

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 3 French Toast Sticks w/2 Sausage Patties Tater Tots Fresh Fruit</p>	<p>3 TEX-MEX DAY Meat Taco (1/3 Cup of Meat & 1 Shell) 3/8 Cup Rice Golden Sweet Corn Fruit Cup</p>	<p>4 Hot Dog on a Roll Steamed Broccoli Florets Fruity Jello w/Whipped Topping</p>	<p>5 Pasta w/Marinara Sauce & Cheese Green Beans Fresh Fruit</p>	<p>6 PIZZA DAY Pepperoni Pizza Carrot Coins Fruit Cup</p>
<p>9 Columbus Day</p>	<p>10 TEX-MEX DAY Meat Nacho Grande (1/3 Cup of Meat, 1 oz Chips & 1 oz Cheese) 3/8 Cup Rice Golden Sweet Corn</p>	<p>11 Toasted Cheese Sandwich Hot Tomato Soup Homemade Fruit Crisp</p>	<p>12 Breakfast Sandwich Fresh Cucumber Slices Fruit Cup</p>	<p>13 PIZZA DAY Stuffed Crust Pizza Carrot Coins Fresh Fruit</p>
<p>16 Cheeseburger on a Roll Oven Fries Fruit Cup</p>	<p>17 TEX-MEX DAY Meat Taco w/Rice (1/3 Cup of Meat & 1 Shell) Golden Sweet Corn Fresh Fruit</p>	<p>18 Italian Meatball Sub Steamed Broccoli Florets Cinnamon Applesauce Jello</p>	<p>19 3/4 Cup Homemade Macaroni & Cheese Whole Wheat Bread Green Beans Fruit Cup</p>	<p>20 CONFERENCE DAY NO SCHOOL</p>
<p>23 Baked Crispy Chicken Sandwich Oven Fries Fresh Fruit</p>	<p>24 TEX-MEX DAY Chicken Soft Taco w/Rice (1/3 Cup of Chicken & 1 Shell) Golden Sweet Corn Fruit Cup</p>	<p>25 Turkey & Gravy (5 oz Ladle) Who Wheat Bread (2 Slices) Mashed Potatoes w/Gravy Homemade Fruit Crisp</p>	<p>26 4 Baked Mozzarella Sticks w/1/2 Cup Pasta & Marinara Sauce Green Beans Fresh Fruit</p>	<p>27 PIZZA DAY Pizza Dunkers w/Marinara Sauce Carrot Coins Fruit Cup</p>
<p>30 12 Popcorn Chicken Bites Whole Wheat Bread Oven Fries Fresh Fruit</p>	<p>31 HALLOWEEN LUNCH 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>ALL VEGGIES & FRUITS = 1/4 CUP SERVING AVAILABLE DAILY: 1% WHITE MILK & FAT FREE CHOCOLATE MILK LUNCH PRICE = \$2.00</p>	<p>PBJ Sandwiches are available for students who do not want the main entree choice.</p>
<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>				