

# OCTOBER 2017



## WATKINS GLEN SCHOOL DISTRICT - GRADES 7th-12th


**Available Daily:**

- PBJ Sandwich
- Chef Salad w/Bread Choice
- Vegetarian Chef Salad w/Bread Choice
- Yogurt w/Bread Choice
- Fruit & Yogurt Parfait w/Bread Choice
- M/W/F:** Baked Crispy Chicken Sandwich
- T/TH:** Baked Chicken Nuggets w/Bread
- Asst. Deli Subs & Wraps
- Asst. Pizza
- Tossed Salad**
- Fresh Vegetables**
- Fresh Fruit**
- Fruit Cups
- 100% Fruit Juice
- Chilled Milk
- Bread Choice = Breadstick or Soft Pretzel**

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

# 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