

Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast 1 Pop Tart Lunch Fish Sticks & goldfish w/Tartar sauce Baked Beans	Breakfast 2 Hot Breakfast Lunch Goulash Garden Salad	Breakfast 3 Warm Muffin Lunch BBQ Chicken Mac n Cheese Steamed Carrots	Breakfast 4 Cereal Or Cereal Bar w/cheese stk. Lunch early dismissal Sandwich Vegetable
Breakfast 7 Warm Muffin Lunch Ham & Cheese Flatbread Romaine Salad	8 No School	Breakfast 9 Hot Breakfast Lunch Mashed Potato bowls Garlic / Parm. Sweet Potatoes	Breakfast 10 Warm Muffin Lunch Taco Wrap Chick Pea Salad	11 No School
Breakfast 14 Warm Muffin Lunch Spaghetti w/meatballs Tossed Salad	Breakfast 15 Pop Tart Lunch Turkey Roll ups Sweet Corn	Breakfast 16 Hot Breakfast Lunch Chicken, Cheese. Peppers onions Wrap Black Beans & Tomato Salad	Breakfast 17 Warm Muffin Lunch Brunch 4 Lunch Raw Carrots	Breakfast 18 Cereal Lunch Cheese Pizza Steamed Broccoli
Breakfast 21 Warm Muffin Lunch Corn Dog Baked Beans	Breakfast 22 Pop Tart Lunch Loaded Steak Fries Sweet Corn	23 No School	24 Happy Thanksgiving	25 No School
Breakfast 28 Warm Muffin Lunch Chicken Wrap (BBQ or Buffalo) Chick Pea Salad	Breakfast 29 Pop Tart Lunch Sloppy Nachos Sweet Corn	Breakfast 30 Hot Breakfast Lunch Mac n Cheese Cucumber & Tomato Salad		

All Breakfast offer milk, fruit, 100% juice **ALL Lunches** offer Vegetable, Fruit, Milk Daily: Peanut butter & Jelly, Sandwich of the day, Mon.-, Garden Salad Tiger Pack M-W-TH
 Get your application from main office or our website, ALL Breakfast/Lunch meals are **no longer free** to all. Second lunches are \$2.45.
 Milk (8oz.) 1% white or Fat Free Chocolate, \$.55

No charging of snacks unless there is money on students account. Any questions feel free to contact Pat Metzler 518-794-7600 ,opt.2 ,opt.7