

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast 3 Warm Muffin Lunch Italian Dipper w/sauce Steamed Carrots</p>	<p>Breakfast 4 Warm WG Pop Tart Cheese stk. Lunch Chicken Pattie on a bun Cucumber & Tomato Salad</p>	<p>Breakfast 5 Bagel w/cream cheese Lunch Baked Potato Bar, Chili, broccoli, cheese Sweet Corn</p>	<p>Breakfast 6 Warm Muffins Lunch Meatball Sub Veggies Beans</p>	<p>Breakfast 7 Cereal Bars Lunch Cheese Pizza Steamed Broccoli</p>
<p>Indigenous day 10</p>	<p>Breakfast 11 Warm WG Pop Tart Cheese stick Lunch Chicken Nuggets Roasted Chickpeas</p>	<p>Breakfast 12 Bagel w/cream cheese Lunch Triple Hitter Steamed Carrots</p>	<p>Breakfast 13 Warm Muffins Lunch Roasted Turkey Scalloped Potatoes</p>	<p>Breakfast 14 Cereal Bars Lunch Cheese Pizza Steamed Broccoli</p>
<p>Breakfast 17 Bagel Cream Cheese Lunch Sloppy Joe on a Bun French Fries</p>	<p>Breakfast 18 Warm WG Pop Tart Cheese stk. Lunch Chili Seasoned Black Bean</p>	<p>Breakfast 19 Bagel w/cream cheese Lunch Mac n Cheese Sweet Corn</p>	<p>Breakfast 20 Warm Muffin Lunch Taco Salad Steamed Carrots</p>	<p>Breakfast 21 Cereal Or Cereal bars Lunch Cheese Pizza Steamed Broccoli</p>
<p>Breakfast 24 Warm Muffin Lunch Toasted Cheese Sandwiches w/Soup Tossed Salad</p>	<p>Breakfast 25 Warm WG Pop Tart Cheese stk. Lunch Chicken & Cheese Quesadilla w/Peppers & Onions Green Beans</p>	<p>Breakfast 26 Bagel w/cream cheese Lunch Chili w/Steamed Brown Rice Seasoned Black Bean</p>	<p>Breakfast 27 Warm Muffin Lunch Baked Rotini Raw Carrots w/ dipping sauce</p>	<p>Teacher Conference 28</p>
<p>Breakfast 31 Warm Muffin Lunch Turkey & Gravy over Brown Rice Sweet Corn</p>				



All Breakfast offer milk, fruit ,100% juice **ALL Lunches** offer Vegetable, Fruit, Milk Daily: Peanut butter & Jelly, Sandwich of the day, Mon.-, Garden Salad Tigs
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