

Long Lake Central School

Alternate Entrée:

Available every day,
 Please order during home room.
 Fruit & Vegetable Salad Bar
 Peanut Butter & Jelly
 Cold Sandwich
 Ham or Turkey

November 2018

Served Daily:

Milk—1%, Skim,
 Fat Free Chocolate
 Fresh Fruits, Vegetable & Bread

Ala-Carte:

Dessert
 Soup of the Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chicken Quesadillas	2 Fish Sandwich	3
4	5 Chicken Sandwich	6 Beef Taco	7 Fresh Pizza	8 Sesame Chicken	9 Hot Turkey Sandwich	10
11	12 <i>No School</i> <i>Veterans Day</i>	13 Hamburgers	14 Spaghetti	15 Turkey Dinner	16 Macaroni & Cheese	17
18	19 Chicken Cilantro	20 Hot Ham & Cheese	21 <i>No School</i>	22 <i>No School</i> <i>Thanksgiving Day</i>	23 <i>No School</i>	24
25	26 Teriyaki Chicken Wrap	27 Sloppy joe	28 Baked Penne	29 Chicken Fajita	30 Italian Sub	
<i>Weekly Breakfast Menu</i>	<u>Monday</u> Muffins English Muffins	<u>Tuesday</u> Pancakes Sausage Patties	<u>Wednesday</u> Ham & Cheese Omelets Home Fries	<u>Thursday</u> French Toast Sticks or Waffles	<u>Friday</u> Bagels wheat or Cinnamon Raisin	