

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

October 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 Sandwich	2 Hot Ham & Cheese	3 Spaghetti	4 Chicken Fajita	5 <i>Superintendent Conference Day</i>	6
7	8 <i>No School Columbus Day</i>	9 Beef Taco	10 Fresh Pizza	11 Sesame Chicken	12 Hot Turkey Sandwich	13
14	15 Chicken Quesadillas	16 Meatloaf	17 Baked Penne	18 Chicken Pot Pie	19 Macaroni & Cheese	20
21	22 Chicken Cilantro	23 Shepherd's Pie	24 Stromboli	25 Chicken Pasta Primavera	26 Italian Sub	27
28	29 Buffalo Chicken Strips	30 Sloppy Joe	31 Goulash (beef & Macaroni)			
<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	