




OCTOBER 2018: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	EGG SANDWICH	FROM THE GRIDDLE	NEW YORK THURSDAY	DAKERY FRESH
1	2	3	4	5
	Fresh Fruit Bar		Fresh Fruit Bar	
Honey Corn Muffin Land O'Lakes® Cheddar Cheese Stick 100% Fruit Juice Fresh Fruit	Turkey Canadian Bacon, Egg & Cheese on a Whole Grain Bagel Organic Stonyfield® Yogurt 100% Fruit Juice Fresh Fruit	French Toast Dippers Served with Syrup Turkey Sausage Patty 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh New York Apples	Cheese Omelet English Muffin Back to the Roots® Purple Corn Flakes 100% Fruit Juice Fresh Fruit
Columbus Day 8	9	10	New York Thursday 11	12
Blueberry Muffin Land O'Lakes® Mozzarella Cheese Stick 100% Fruit Juice Fresh Fruit		Fresh Fruit Bar	Fresh Fruit Bar	
	Turkey Sausage Crumble, Egg & Cheese on Ciabatta Bread Organic Stonyfield® Yogurt Honey Roasted Sunflower Seeds 100% Fruit Juice Fresh Fruit	Cinnamon Burst Pancakes Served with Syrup Turkey Canadian Bacon Spiced Oatmeal 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh New York Apples	Tasty Waffles Served with Syrup Turkey Sausage Patty Back to the Roots® Cinnamon Cluster 100% Fruit Juice Fresh Fruit
15	16	17	New York Thursday 18	19
	Fresh Fruit Bar		Fresh Fruit Bar	
Apple Cinnamon Muffin Land O'Lakes® Colby Cheese Stick 100% Fruit Juice Fresh Fruit	Egg & Turkey Sausage Sandwich on an English Muffin Organic Stonyfield® Yogurt Served with Craisins & Granola 100% Fruit Juice Fresh Fruit	Buttermilk Pancakes Served with Syrup Turkey Canadian Bacon Spiced Oatmeal 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly Yogurt Parfait 100% Fruit Juice New York Apple Slices	Cheese Omelet Hot Cinnamon Knot Back to the Roots® Purple Corn Flakes 100% Fruit Juice Fresh Fruit
22	23	24	New York Thursday 25	26
	Fresh Fruit Bar		Fresh Fruit Bar	
Honey Corn Muffin Land O'Lakes® Cheddar Cheese Stick 100% Fruit Juice Fresh Fruit	Turkey Canadian Bacon, Egg & Cheese on a Whole Grain Bagel Organic Stonyfield® Yogurt 100% Fruit Juice Fresh Fruit	French Toast Dippers Served with Syrup Turkey Sausage Patty Spiced Oatmeal 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh New York Apples	Cheese Omelet English Muffin Back to the Roots® Purple Corn Flakes 100% Fruit Juice Fresh Fruit
29	30	Happy Halloween 31		
	Fresh Fruit Bar			
Blueberry Muffin Land O'Lakes® Mozzarella Cheese Stick 100% Fruit Juice Fresh Fruit	Turkey Sausage Crumble, Egg & Cheese on Ciabatta Bread Organic Stonyfield® Yogurt Honey Roasted Sunflower Seeds 100% Fruit Juice Fresh Fruit	Cinnamon Burst Pancakes Served with Syrup Turkey Canadian Bacon Spiced Oatmeal 100% Fruit Juice Fresh Fruit	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

Milk 1% Low-fat Fat Free Fat Free Chocolate Grab and Go Breakfast Pack	Fresh Fruit Canned Fruit Peaches, Peas, Raspberries	OFFERED DAILY 100% Fruit Juice 100% Fruit Juice Apple, Fruit Punch, Grape, Orange Breakfast toppings, sauces, puddings, hot sauce, dress	Cold Cereal Choices Frosted Mini-Wheats Cinnamon Flakes Multi-Grain Cheerios Fruity Oats Back to the Roots® Organic Apple Cinnamon Cluster Cinnamon Cluster
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ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS.



OCTOBER 2018: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	BURGER	CHICKEN	NEW YORK THURSDAY	PIZZA
1	2	3	4	5
Veggie Tacos A Blend of Veggies & Mexican Beans Served in a Hard Taco Shell Sweet Plantains <i>Salad Bar</i> Taco Station Columbus Day 8	100% Beef New York Hamburgers & Cheesburgers Turkey Burgers Bruschetta Tomato Salad French Fries <i>Salad Bar</i> Burger Fixin's	Crispy Chicken Waffle Sandwich Home Fries Creamed Spinach <i>Salad Bar</i> Traditional	New York Thursday Jamaican Beef Patty Fish & Cheese Sandwich Roasted Zucchini New York Chocolate Chip Cookie New York Apple Slices <i>Salad Bar</i> New York Local New York Thursday 11	Classic Cheese Pizza Ranch Chicken Pizza Garlic Knot Marinara Sauce Marinated Bean Salad <i>Salad Bar</i> Pizza Toppings
Grilled Cheese Onion Rings Garlicky Green Beans Frito-Lay® SunChips® <i>Salad Bar</i> Garden Greens	100% Beef Hamburgers & Cheesburgers Turkey Burgers Sweet Potato Waffle Fries <i>Salad Bar</i> Burger Fixin's	Popcorn Chicken Garlic Toast Mashed Potatoes with Gravy Broccoli Trees New York Cookie Treat <i>Salad Bar</i> Traditional	Bite Size Beef Tacos Served with Baked! Tostitos® Scoops® Stewed Pinto Beans New York Apple Slices <i>Salad Bar</i> Taco Station	Classic Cheese Pizza Supreme Pizza Garlic Knot Marinara Sauce Crispy Kale Chips Ranch Carrot Snacker <i>Salad Bar</i> Pizza Toppings
15	16	17	18	19
Mozzarella Sticks Marinara Sauce Pasta Choice Slow Roasted Carrots Frito-Lay® SunChips® <i>Salad Bar</i> Garden Greens	100% Beef New York Hamburgers & Cheesburgers Turkey Burgers Chili Cheese Fries Hot Confetti Corn <i>Salad Bar</i> Burger Fixin's	Popcorn Chicken Served With Mac-n-Cheese Broccoli Trees <i>Salad Bar</i> Traditional	New York Thursday Chicken Dumplings Served with Vegetable Fried Rice & Egg Roll New York Cookie Treat Fresh New York Apples <i>Salad Bar</i> Local New York	Classic Cheese Pizza Meat Lovers Pizza Garlic Knot Marinara Sauce Roasted Chickpeas with Spinach Cilantro Pesto <i>Salad Bar</i> Pizza Toppings
22	23	24	25	26
Veggie Tacos A Blend of Veggies & Mexican Beans Served in a Hard Taco Shell Sweet Plantains <i>Salad Bar</i> Taco Station	100% Beef Hamburgers & Cheesburgers Turkey Burgers Bruschetta Tomato Salad French Fries <i>Salad Bar</i> Burger Fixin's	Crispy Chicken Waffle Sandwich Home Fries Creamed Spinach <i>Salad Bar</i> Traditional	New York Thursday Jamaican Beef Patty Fish & Cheese Sandwich Roasted Zucchini New York Chocolate Chip Cookie New York Apple Slices <i>Salad Bar</i> New York Local	Classic Cheese Pizza Ranch Chicken Pizza Garlic Knot Marinara Sauce Marinated Bean Salad <i>Salad Bar</i> Pizza Toppings
29	30	31	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	
Grilled Cheese Onion Rings Garlicky Green Beans Frito-Lay® SunChips® <i>Salad Bar</i> Garden Greens	100% Beef New York Hamburgers & Cheesburgers Turkey Burgers French Fries <i>Salad Bar</i> Burger Fixin's	Happy Halloween Chicken & Veggie Lo Mein Slow Roasted Carrots New York Cookie Treat <i>Salad Bar</i> Traditional		

OFFERED DAILY			
Entree Alternatives • PB&J Sandwich • Cheese Sandwich • Assorted Deli Sandwiches • Hummus Grab & Go • Grab and Go Salads Available on Tuesday & Thursday	Milk 1% Low Fat Fat Free Fat Free Chocolate Dipping Sauce Cups BBQ, Ranch, Honey Mustard	Dressings Chipotle Ranch Balsamic Vinaigrette Ranch Asian Sesame Honey Mustard Caesar French Italian Vinaigrette	Flavor Station Granulated Garlic Red Pepper Flakes Parmesan Cheese Fresh - 8 Lunch Menu
Fresh Fruit No Artificial Flavors, Colors, or Sweeteners in all SchoolFood Products			

ATTENTION:
 All Pre-K Students CANNOT be Offered CHOCOLATE MILK





**MENUS ARE SUBJECT TO CHANGE
 SCHOOLFOOD MENUS ARE PORK FREE**