


October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>EVERY STUDENT'S 1st MEAL IS FREE!!</p> <p>À La Carte items and second lunches still need to be purchased.</p>	1 Chicken Alfredo or Salami Sandwich Garlic Bread Stick Steamed Broccoli	2 Meatballs & Gravy or Ham Sandwich Noodles Buttered Dinner Roll Steamed Peas	3 Turkey & Stuffing Rollup or Egg Salad Sandwich Mashed Potatoes Gravy Buttered Dinner Roll Baked Squash	4 Taco in a Bag or Turkey Sandwich Fresh Baked Corn Muffin Steamed Corn
7 Cheesy Chicken & Rice or Bologna Sandwich Baked Garlic Bread Sticks Steamed Broccoli	8 Chicken Patty on a Bun or Ham Sandwich Steamed Buttered Rice Candied Carrots	9 Hamburger/Cheeseburger or Egg Salad Sandwich Baked Fries Baked Beans	10 Grilled Cheese or Salami Sandwich Tomato Soup w/ Crackers Candied Carrots	11 NO SCHOOL FOR STUDENTS
14 NO SCHOOL	15 Cheeseburger Mac & Cheese or Bologna Sandwich Steamed Broccoli	16 Popcorn Chicken or Ham Sandwich Steamed Buttered Rice Candied Carrots	17 BBQ Pork Loaded Tots or Turkey Sandwich Soft Pretzel Tossed Salad w/ Dressing	18 French Toast Sticks or Salami Sandwich Breakfast Sausage Fruit Topping
21 Chicken Stir Fry or Bologna Sandwich Seasoned Rice Vegetable Egg Roll Stir Veggies	22 Chicken Nuggets or Ham Sandwich Baked Fries Buttered Dinner Roll Fresh Veggies	23 Ham & Cheese on a Pretzel Bun or Egg Salad Sandwich Alfredo Noodles Candied Carrots	24 Goulash w/ Meat Sauce or Salami Sandwich Baked Bread Stick Tossed Salad	25 French Bread Pizza or Turkey Sandwich Garlic Green Beans
28 Chicken or Ham Sandwich Garlic Herb Pasta Baked Bread Stick	29 Meatball Sub – H/S Pizza Lunchable – Elm Corn Chips Fresh Veggies	30 Chicken Taco or Salami Sandwich Steamed Rice Pinto Beans	31 Mummy Dogs or BOOOlogna Sandwich Witches Fingers Broom Sticks	<u>Extra Lunch is an Additional:</u> K-5 \$3.45, Gr. 6-12 \$3.75 Milk - \$1.00

Offered Daily with Lunch

- ✓ Fresh Fruit or Prepared Fruit
- ✓ NYS Milk: Non- or Low-Fat White or Chocolate Milk
- ✓ Students must take at least ½ cup fruits or vegetables (and may take 1 cup)



Make half your plate fruits & veggies!



We use NY grown & raised foods whenever possible. Look for "NY" to find these items on the menu.



Our milk & yogurt products are produced in New York State.

Menu subject to change. Notice will be given if possible. All lunches served with choice of vegetable, fruit, and 1% milk or 1% chocolate milk. Sun butter & Jelly sandwiches offered daily

ECS Elementary practices a peanut free environment.

Free/Reduced lunch applications can be filled out any time of the year. For more details, contact Vicky Williams @ 699-2316 Ext. 1403. Ellicottville Central School is an Equal Opportunity provider and employer.