

November 2022 - Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sweet & Sour Chicken or Egg Salad Sandwich Fried Rice Veggie Egg Roll Oriental Veggies	2 PIZZA SAMPLER Philly Steak Chicken Alfredo Cheese Pizza or Turkey Sandwich Tossed Salad	3 Sliced Roast Beef on a Bun or Bologna Sandwich Mashed Potatoes w/ Gravy Steamed Corn	4 Chicken Parmesan or Ham Sandwich Pasta Garlic Bread Stick Steamed Green Beans
7 Chicken Nuggets or Salami Sandwich Steamed Seasoned Rice Buttered Dinner Roll Candied Carrots	8 Taco Supreme or Turkey Sandwich Fresh Baked Corn Muffin Steamed Corn	9 Meatball Sub or Ham Sandwich Corn Chips Roasted Cauliflower	10 ALL AMERICAN DAY Burger Slider BBQ Chicken Slider Potato Wedges Homemade Mac & Cheese Cole Slaw Apple Pie Turnover	11 NO SCHOOL
14 French Toast Sticks or Ham Sandwich Breakfast Sausage Fruit Topping	15 Chicken Cheese Quesadilla or Bologna Sandwich Spanish Rice Pinto Beans Salsa & Sour Cream	16 Hot Dog on a Bun or Egg Salad Sandwich Baked Fries Candied Carrots	17 Roast Turkey w/ Gravy or PB&J Sandwich Mashed Potatoes Stuffing Dinner Roll Steamed Peas	18 Chicken Alfredo or Salami Sandwich Garlic Bread Stick Steamed Broccoli
21 Popcorn Chicken or Ham Sandwich Seasoned Rice Baked Garlic Bread Stick Candied Carrots	22 French Bread Pizza or PB&J Sandwich Steamed Broccoli	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 Grilled Cheese or Bologna Sandwich Tomato Soup w/ Crackers Steamed Green Beans	29 Hamburger/Cheeseburger or Turkey Sandwich Homemade Mac & Cheese Steamed Broccoli	30 Chicken Fries or Egg Salad Sandwich Curly Fries Buttered Dinner Roll Candied Carrots	COTTAGE CHEESE FRUIT PLATES WILL BE AVAILABLE	Lunch K-5 \$2.10 Gr.6-12 \$2.30 <u>Extra Lunch is an Additional:</u> K-5 \$2.75, Gr. 6-12 \$3.00 Milk - \$.60

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. PB&J sandwiches offered daily.

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.