


November 2023 - Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch K-5 \$2.80 Gr.6-12 \$3.00 <u>Extra Lunch is an Additional:</u> K-5 \$3.40, Gr. 6-12 \$3.70 Milk - \$1.00	COTTAGE CHEESE FRUIT PLATES WILL BE AVAILABLE	1 BBQ Pork on a Bun or Egg Salad Sandwich Mac & Cheese Steamed Broccoli	2 Italian Sausage on a Bun or Salami Sandwich Garlic Pasta Candied Carrots	3 Goulash w/ Meat Sauce or Turkey Sandwich Garlic Bread Stick Tossed Salad
6 Chicken Nuggets or Ham Sandwich Buttered Dinner Roll Steamed Season Rice Steamed Broccoli	7 Taco in a Bag or Egg Salad Sandwich Fresh Baked Corn Muffin Steamed Corn	8 Pizza Burger or Egg Salad Sandwich Baked Fries Candied Carrots	9 Home Made Chicken Noodle Soup or Salami Sandwich Cheesy Bread Stick Steamed Peas	10 NO SCHOOL
13 Cheeseburger on a Bun or Turkey Sandwich Baked Fries Baked Beans	14 French Toast Sticks or Salami Sandwich Breakfast Sausage Strawberry Topping	15 Meatball Sub or Salami Sandwich Garlic Pasta Roasted Green Beans	16 French Bread Pizza or Bologna Sandwich Fresh Veggies	17 Oven Roasted Turkey or PB&J Sandwich Mashed Potatoes & Gravy Stuffing Steamed Peas Buttered Dinner Roll
20 Chicken Patty on a Bun or PB&J Sandwich Steamed Seasoned Rice Candied Carrots	21 Hot Dog on a Bun or Turkey Sandwich Baked Fries Baked Beans	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 Grilled Cheese or Turkey Sandwich Tomato Soup Steamed Broccoli	28 Popcorn Chicken Bowl or Bologna Sandwich Mashed Potatoes Baked Bread Stick Steamed Corn	29 Chili Cheese Fries or Ham Sandwich Fresh Baked Corn Muffin Steamed Veggie	30 Italian Stromboli (Ham, Salami, Cheese) or Egg Salad Sandwich Tossed Salad	

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)



Choose **MyPlate**.gov

Make half your plate fruits & veggies!



**FARM
TO SCHOOL**

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.