


# October 2020 - Lunch Menu

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <p><u>Lunch Prices:</u><br/>K-5 \$2.10, Gr. 6-12 \$2.30<br/>Milk - \$.60</p> <p><u>Extra Lunch is an Additional:</u><br/>K-5 \$2.60, Gr. 6-12 \$2.90</p> |   |   | 1<br>Taco Salad<br>Or Tuna Salad Sandwich<br>Corn Chips<br>Garlic Bread Stick<br>Fresh or canned Fruit   | 2<br>Chicken Fingers<br>Or Ham Sandwich<br>Dinner Roll<br>Seasoned Rice<br>Steamed <b>NY</b> Green Beans   |
| 5<br>Beef, Bean & Cheese Burrito<br>Or Bologna Sandwich<br>Steamed Rice<br>Steamed Corn<br>Fresh or Canned Fruit   | 6<br>Homemade Pizza<br>Or Salami Sandwich<br>Candied Carrots<br>Fresh or Canned Fruit                                       | 7<br>BBQ Pork on a Bun<br>Or Ham Sandwich<br>Macaroni Salad<br>Baked Beans<br>Fresh or canned Fruit                           | 8<br>Hot Turkey Sandwich<br>Or Egg Salad Sandwich<br>NY Mashed Potatoes<br>Steamed Peas<br>Buttered Dinner Roll<br><b>NY</b> Concord Grape Juice       | 9<br>Hot Dog on a Bun<br>Or Tuna Salad Sandwich<br>Mac & Cheese<br>Steamed Broccoli<br><b>NY</b> Apples  |
| 12<br><b>NO SCHOOL</b>   | 13<br>Chicken Patty on a Bun<br>Or Bologna Sandwich<br>Alfredo Noodles<br>Steamed Broccoli<br><b>NY</b> Apples              | 14<br>Chicken Ala King<br>Or Ham Sandwich<br>Baked Garlic Bread Stick<br>Candied Carrots<br>Fresh or Canned Fruit             | 15<br>Cheeseburger/Hamburger<br>Or Turkey Sandwich<br>Baked <b>NY</b> Fries<br>Baked Beans<br>Fresh or Canned Fruit                                    | 16<br>Spaghetti w/ Meat Sauce<br>O Egg Salad Sandwich<br>Baked Garlic Breadstick<br>Steamed <b>NY</b> Green Beans<br><b>NY</b> Concord Grape Juice |
| 19<br>Chicken Nuggets<br>or Salami Sandwich<br>Steamed Seasoned Rice<br>Steamed California Blend<br>Fresh or Canned Fruit                                | 20<br>Taco in a Bag w/ <b>NY</b> Beef<br>Or Tuna Salad Sandwich<br>Steamed Rice<br>Seasoned Pinto Beans<br><b>NY</b> Apples | 21<br>Meatball Sub<br>Or Egg Salad Sandwich<br>Garlic Pasta<br>Steamed <b>NY</b> Green Beans<br><b>NY</b> Concord Grape Juice | 22<br><b>NY</b> Meatloaf<br>Or Turkey Sandwich<br><b>NY</b> Mashed Potatoes<br>Steamed <b>NY</b> Peas<br>Buttered Dinner Roll<br>Fresh or Canned Fruit | 23<br><b>NY</b> Chili Cheese Fries<br>Or PB&J Sandwich<br>Fresh Baked Corn Muffin<br>Steamed <b>NY</b> Corn<br>Fresh or Canned Fruit               |
| 26<br>S&S Chicken<br>Or PB&J<br>Seasoned Rice<br>Steamed Oriental Blend<br>Garlic Bread Stick<br>Fresh or Canned Fruit                                   | 27<br>Sloppy Joe on a Bun<br>Or Egg Salad Sandwich<br>Alfredo Noodles<br>Steamed Broccoli<br><b>NY</b> Apples               | 28<br>Nachos w/ <b>NY</b> Beef<br>Or Tuna Salad Sandwich<br>Steamed Rice<br>Seasoned Pinto Beans<br>Fresh or Canned Fruit     | 29<br>Ham & Cheese Sub<br>Or Bologna Sandwich<br>Whale Crackers<br>Fresh Veggies<br><b>NY</b> Concord Grape Juice                                      | 30<br>French Toast Sticks<br>Or Salami Sandwich<br>Breakfast Sausage<br><b>NY</b> Maple Syrup<br>Baked Apples                                      |

**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)



ChooseMyPlate.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.