


September 2022 - Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 \$2.60, Gr. 6-12 \$2.90 Milk - \$.60		1 NO SCHOOL FOR STUDENTS	2 NO SCHOOL FOR STUDENTS
5 NO SCHOOL	6 Hamburger/Cheeseburger or PB&J Sandwich Baked French Fries Baked Beans	7 French Toast or Salami Sandwich Breakfast Sausage Strawberry Topping	8 Taco in a Bag or Turkey Sandwich Fresh Baked Corn Muffin Steamed Corn	9 Chicken Patty on Bun Or Ham Sandwich Seasoned Rice Roasted Cauliflower
12 Meatball Sub Or PB&J Sandwich Baked Fries Candied Carrots	13 Grilled Cheese Or Ham Sandwich Tomato Soup w/ Crackers Steamed Green Beans	14 BBQ Pork on Bun Or Turkey Sandwich Homemade Macaroni Salad Baked Beans	15 Chicken Cesar Salad Or Egg Salad Sandwich Garlic Bread Stick Strawberry Short Cake	16 Cheese Ravioli Or Salami Sandwich Garlic Bread Stick Tossed Salad
19 Baked Goulash or Turkey Sandwich Baked Garlic Bread Stick Steamed Green Beans	20 Chili Cheese Fries or Salami Sandwich Fresh Baked Corn Muffin Steamed Corn	21 Sweet and Sour Chicken Or Egg Salad Sandwich Season Rice Veggie Egg Roll Oriental Blend	22 PIZZA SAMPLER Philly Steak Pizza Cheese Pizza Chicken Alfredo Pizza Tossed Salad	23 Hot Dog on Bun Or Ham Sandwich Mac & Cheese Steamed Broccoli
26 Chicken Nuggets Or Salami Sandwich Seasoned Steamed Rice Buttered Dinner Roll Candied Carrots	27 Italian Sausage on Bun Or PB&J Sandwich Alfredo Noodles Steamed Broccoli	28 Ham or Turkey Sub Or Egg Salad Sandwich Baked Chips Fresh Veggies	29 Chicken Cheese Quesadilla Or Ham Sandwich Spanish Rice Pico de Gallo Pinto Beans	30 Meatballs w/ Gravy Or Turkey Sandwich Noodles Baked garlic Bread Stick Steamed Peas

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.