







October 2018

<p>Breakfast and Lunch Free for all students Pre-K - 12th Grade</p> <p><u>All meals require at least one fruit or vegetable choice</u></p>	<p><u>All meals include</u></p> <p>New York State produced Low fat or fat free milk</p> <p>100% fruit juice Fresh fruit Fruit cup</p>		<p><u>Daily choices:</u></p> <ul style="list-style-type: none"> • Yogurt meal combo • PB & Jelly sandwich • Chef Salad 	<p><u>October Events:</u></p> <p>5 World Teacher Day</p> <p>9-12 National School Lunch Week</p> <p>23-31 Red Ribbon Week</p> <p>South Seneca is an equal Opportunity employer And provider</p>
<p>1</p> <p>Chicken patty on roll Baked potato rounds Carrot coins</p>	<p>2</p> <p>Cheese calzone Garden salad Green beans Fruited jello</p>	<p>3</p> <p>Chicken nuggets Mashed potatoes and gravy Steamed corn Dinner roll</p>	<p>4</p> <p>Ravioli Garlic bread Broccoli</p>	<p>5</p> <p>Personal pan pizza Or fish sandwich Garden salad Fresh carrots/dip</p>
<p>8</p> 	<p>9</p> <p>Chicken nuggets Mashed potatoes & gravy Corn Dinner roll</p>	<p>10</p> <p>Baked macaroni and cheese Spinach Dinner roll Fruit slushies</p>	<p>11</p> <p>Chicken cheese quesadilla Refried beans Peas and carrots</p>	<p>12 Farmer Friday</p> <p>Cheese pizza Or fish sandwich Garden salad</p> <p>NYS cauliflower Purple, yellow and white</p>
<p>15</p> <p>Cheeseburger Potato smiles California mixed vegetables</p>	<p>16</p> <p>Pasta with meatballs Cheese breadstick Steamed green beans Pudding</p>	<p>17</p> <p>French toast sticks Sausage links Hash brown potato Cinnamon applesauce</p>	<p>18</p> <p>Cheese pizza Or fish sandwich Garden salad</p>	<p>19 No School Today Conference Day</p> 
<p>22</p> <p>Meatball sub with mozzarella cheese Baked French fries Green beans</p>	<p>23</p> <p>Chicken nuggets Mashed potatoes & gravy Peas Dinner roll</p>	<p>24</p> <p>Toasted cheese sandwich Tomato soup Goldfish crackers Fresh carrots Fruit slushies</p>	<p>25</p> <p>Taco in a bag Brown rice Refried beans Corn Salsa</p>	<p>26</p> <p>Garlic pizza Or fish sandwich Garden salad bar Carrot coins</p>
<p>29</p> <p>Hotdog on roll or corn dog Baked French fries Baked beans</p>	<p>30</p> <p>Chicken patty on roll Mashed potatoes & gravy Corn Dinner roll</p>	<p>31**</p> 	<p>**</p> <p>Slimy worms with Eye balls Tombstone Gopher guts Ghost blood Frozen fingers</p>	<p>**</p> <p>Spaghetti & meatballs Garlic bread Green beans Milk Ice cream on a stick</p>
