






<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><u>New York State produced</u> Low fat or fat free milk</p> <p>100% fruit juice Fresh fruit Fruit cup</p> <p>Garden vegetable bar</p>	<p><u>Garden Vegetable Bar</u></p> <p>Tomatoes, onions, pickles, broccoli, green peppers, red peppers, celery, carrots, spinach, garbanzo beans, banana peppers, black olives, pickled beets.</p> <p>Featuring Grandma Hertzler's Sweet pickles</p>	<p><u>Daily choices:</u></p> <ul style="list-style-type: none"> Cheese pizza Chicken patty on roll Yogurt meal combo Sandwich, wrap or sub made to order Chef Salad 	<p><u>October Events:</u></p> <p>5 <u>World Teacher Day</u></p> <p>9-12 <u>National School Lunch Week</u></p> <p>23-31 <u>Red Ribbon Week</u></p> <p>South Seneca is an equal Opportunity employer And provider</p>
<p>1</p> <p>Spicy chicken patty on roll Baked potato rounds Carrot coins</p>	<p>2</p> <p>Cheese or pepperoni calzone Green beans</p>	<p>3</p> <p>Chicken nuggets Mashed potatoes and gravy Broccoli florettes Dinner roll</p>	<p>4</p> <p>Twin tacos with toppings Brown rice Refried beans Corn Salsa</p>	<p>5</p> <p>Vegetable pizza Or fish sandwich</p> <p>Fresh baby carrots Fruit slushies</p>
<p>8</p> 	<p>9</p> <p>Baked macaroni and cheese Carrot coins Dinner roll</p>	<p>10</p> <p>Popcorn chicken bowl Mashed potatoes/gravy Corn Dinner roll</p>	<p>11</p> <p>Taco in a bag Brown rice Refried beans Corn Salsa</p>	<p>12 <u>Farmer Friday</u></p> <p>Chicken wing pizza Or fish sandwich</p> <p><u>NYS produced cauliflower Purple, yellow & white</u></p> <p>Pudding cup</p>
<p>15</p> <p>Cheeseburger Seasoned diced potatoes California mixed vegetables</p>	<p>16</p> <p>Pasta with meatballs Cheese breadstick Green beans Pudding</p>	<p>17</p> <p>French toast sticks Sausage links Hash brown patty Cinnamon apples</p>	<p>18</p> <p>Taco salad Brown rice Refried beans Corn Salsa</p>	<p>19 No School Today Conference Day</p> 
<p>22</p> <p>Meatball sub with mozzarella cheese Or BBQ rib Baked French fries Green beans</p>	<p>23</p> <p>Toasted cheese sandwich Tomato soup Crackers Fresh baby carrots</p>	<p>24</p> <p>Chicken nuggets Mashed potatoes/gravy Peas Dinner roll</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</p> <p>Spinach</p> <p>Fruit slushies</p>
<p>29</p> <p>Hotdog or Corndog Baked curly fries Garden peas</p>	<p>30</p> <p>Cheese or pepperoni calzone Broccoli florettes</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>