

Monday	Tuesday	Wednesday	Thursday	Friday
Nugs 3 Chicken Nuggets Sweet Potato Fries WW Dinner Roll Sliced Cucumbers	Take Out Tuesday 4 Orange Chicken Lo Mein Mixed Vegetables Red Peppers Strips	Quesadilla Day 5 Cheese or Chicken on a WG Tortilla Cheesy Refried Beans Corn Sliced Cucumbers	Brunch for Lunch 6 Pancakes Sausage Links Hash Browns Honey Carrots NYS Grape Juice	Pizza 7 Cheese, Pepperoni, Assorted Pizza Mixed Vegetables Carrot & Celery Sticks Brownie
Chicken Patty 10 Chicken Patty on WG Bun Smile Fries Peas Sliced Cucumbers	Taco Tuesday 11 Seasoned Ground Beef on a WG Tortilla Lettuce, Tomato, Shredded Cheese Black Beans Corn	Goulash 12 Macaroni with Meat Sauce Breadstick Cheesy Broccoli Red Pepper Strips	Subs 13 Turkey or Ham on a WG Sub Rolls Chips Potato Salad Carrots & Celery	Pizza 14 Cheese, Pepperoni, Assorted Pizza Green Beans Cherry Tomatoes
Chicken Tenders 17 Chicken Tenders Tater Tots Green Beans WW Dinner Roll Red Pepper Strip	Cheeseburgers 18 Cheeseburgers on a WW Roll Lettuce, Tomatoes Tater Tots Baked Beans Baby Carrots	Mozzarella Sticks 19 Mozzarella Sticks Marinara Sauce Garlic Bread Roasted Cauliflower Cherry Tomatoes	Chicken Wraps 20 Chicken, Bacon, and Ranch on a WG Tortilla Smile Fries Corn Sliced Cucumbers	Pizza 21 Cheese, Pepperoni, Assorted Pizza Roasted Broccoli Carrot & Celery Sticks
Popcorn Chicken 24 Popcorn Chicken Waffle Fries Roasted Carrots WW Dinner Roll	Loaded Nachos 25 Seasoned Ground Beef Tortilla Chips w/ Nacho Cheese Salsa, Sour Cream, Tomatoes Steamed Corn Red Pepper Strips	Chili Day 26 Chili Cinnamon Roll Roasted Cauliflower Cherry Tomatoes Cookie	Soup N' Sandwich 27 Grilled Cheese Tomato Soup Goldfish Crackers Sliced Cucumbers	Pizza 28 Cheese, Pepperoni, Assorted Pizza Mixed Vegetables Carrot & Celery Sticks
Corn Dogs 31 Corn Dog Sweet Potato Fries Baked Beans Cherry Tomatoes	Offered Daily: *Variety of Powerpacks *Sandwiches *Salads			



Due to Food Supply Issues, menu may change at any time.

We have a variety of fruit and vegetables available daily. Milk is included with their meal, but is not mandatory. Students must take 3 components with one being a serving of a fruit or vegetable to receive a free meal. If you have any questions, please call (518) 696-2378 ext. 1117, or email scheffco@hlcs.org