



OCTOBER 2025

Stuart M Townsend Elementary School

Every STUDENT gets 1st meal for free!!!
Extras, snacks and drinks can be purchased by
using cash, or off the student's accounts.
Linqconnect.com

Monday

Tuesday

Wednesday

Thursday

Friday

Offered Daily:
*Variety of Powerpacks
*Sandwiches

Nugs

Chicken Nuggets
Sweet Potato Fries
Melba Sauce
Dinner Roll
Baby Carrots

Chili Day

Chili
Cinnamon Roll
Roasted Cauliflower
Sliced Cucumbers

Goulash

Pasta with Meat Sauce
Garlic Bread Stick
Zesty Green Beans
Red Pepper Strips

Pizza Day

Cheese, Pepperoni,
Assorted Pizza
Mixed Vegetables
Side Salad

**NO
SCHOOL**

Popcorn Chicken

Popcorn Chicken
Smiles
Steamed Corn
WW Dinner Roll
Baby Carrots

Corn Dogs

Corn Dog
Sweet Potato Fries
Baked Beans
Cherry Tomatoes

Subs

Turkey or Ham on a
WG Sub Rolls
Chips
Pasta Salad
Carrots & Celery

Pizza Day

Cheese, Pepperoni,
Assorted Pizza
Green Beans
Side Salad

Chicken Patty

Chicken Patty
on WG Bun
Smiles
Roasted Cauliflower
Red Pepper Strips

Loaded Nachos

Seasoned Ground Beef
w/ WG Tortilla Chips
Lettuce, Tomato, Shredded Cheese,
Salsa, Sour Cream
Refried Beans

Brunch for Lunch

French Toast Sticks
Sausage Links
Hash Browns
Honey Carrots
NYS Grape Juice

Raviolis

Ravioli w/Meat Sauce
Garlic Bread
Green Beans
Cherry Tomatoes

Pizza Day

Cheese, Pepperoni,
Assorted Pizza
Peas
Side Salad

Chicken Tenders

Chicken Tenders
Fries
Green Beans
WW Dinner Roll
Baby Carrots

Mozzarella Sticks

Mozzarella Sticks
Marinara Sauce
Garlic Bread
Peas
Red Pepper Strips

Cheeseburgers

Cheeseburgers on a WW Roll
Lettuce, Tomatoes
Tater Tots
Baked Beans
Sliced Cucumbers

Pizza Day

Cheese, Pepperoni,
Assorted Pizza
Roasted Cauliflower
Side Salad

Jack-O-Latern

Quesadillas

Cheese or Chicken on a WG Tortilla
Taco Soup
Roasted Broccoli
Pudding Cups

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