LUNCH

00

SEPTEMBER 2023

Schalmont High School

Assorted NYS Milk Fresh Fruit & Fruit Cup Served Daily Menu Subject to Change!

Monday

Tuesday

Wednesday

Thursday

Friday





5

12

26

6

13

20

Chicken Nuggets
Cheez Its
BBQ Dipping Sauce
Smile Fries
Fresh Veggies w/ Lf Ranch Dip

Bosco Sticks
Marinara Dipping Sauce
Italian Green Beans
Tomato Wedge w/Lf Ranch Dip

Chicken Tenders
Whole Grain Dinner Roll
BBQ Dipping Sauce
Corn

Fresh Carrots w/ Lf Ranch Dip

Cheese Burger on Whole Grain Roll Green Beans Fresh Celery w/ Lf Ranch Dip Asst. Cheese Pizza Fresh Tossed Salad w/Lf Italian Tomato Wedge w/Lf Ranch Dip Chicken Patty on Whole Grain Roll Seasoned Carrots Fresh Cuke's w/ Lf Ranch Dip

14

21

28

Fish on Whole Grain Roll Homemade Tartar Sauce French Fries Fresh Veggies w/ Lf Ranch Dip

Chicken Nuggets
Cheez Its
BBQ Dipping Sauce
Green Beans
Fresh Carrots w/ Lf Ranch Dip

Taco Meat Salad
with Chip, Lettuce & Salsa
Cheese & Sour Cream
Corn & Black Bean Salad
Fresh Peppers w/ Lf Ranch Dip

French Bread Pizza Fresh Tossed Salad w/Lf Italian Tomato Wedge w/Lf Ranch Dip Toasted Ham & Cheese Bagel Steamed Mixed Veggies Fresh Celery w/ Lf Ranch Dip French Toast Sticks
Sausage Patty & Syrup Cup
Tater Tots
Fresh Veggies w/ Lf Ranch Dip

Popcorn Chicken
Whole Grain Dinner Roll
BBQ Dipping Sauce
Steamed Broccoli
Fresh Carrots w/ Lf Ranch Dip

Hot Dog on Whole Grain Roll Spiral Fries Fresh Celery w/ Lf Ranch Dip Homemade Cheese Pizza Fresh Tossed Salad w/Lf Italian Tomato Wedge w/Lf Ranch Dip

Chicken & Cheese Quesadilla Salsa & Sour Cream Cup Spanish Rice Fresh Peppers w/ Lf Ranch Dip Mozzarella Sticks Marianna Dipping Sauce Green Beans Fresh Veggies w/ Lf Ranch Dip

Available Daily- Sabre Wrap Bar, Cheeseburger, Hamburger & Rich Chicks Chicken Patty on Wg Roll,
Big Daddy's Cheese Pizza & Bagels w/Cream Cheese
Grab n go Bags w/ Uncrustable or Trix Cup w/String Cheese Stick, Cheez its & or Wg Dinner Roll