



# SEPTEMBER 2024

## Schalmont Middle School & Jefferson Elementary

Assorted NYS Milk  
Fresh & Canned Fruit Cup Served Daily  
Menu Subject to Change  
The institution is an equal opportunity provider

### Monday

#### Jefferson's Birthday Snack Program

Celebrating your child's birthdays at school can be fun for them & stress-free for you! Leave the delivery up to us! See our website for more info.

### Tuesday

3

### Wednesday

4

#### Payment Information

It's as EASY as 1,2,3

[www.linqconnect.com](http://www.linqconnect.com)

### Thursday

5

#### WELCOME BACK!

Chicken Tenders  
BBQ Dipping Sauce  
Whole Grain Cheez- its  
Oven Fries  
Fresh Carrots w/LF Ranch Dip

### Friday

6

Big Daddy's Pizza  
Tossed Salad  
w/ LF Italian Dressing  
Tomato Wedge  
w/LF Ranch Dip

9

Chicken Nuggets  
BBQ Dipping Sauce  
Whole Grain Dinner Roll  
Cheesy Broccoli  
Fresh Carrots w/LF Ranch Dip

10

Taco Salad  
Chips & Lettuce, Salsa,  
Sour Cream & Cheese Cup  
Roasted Mex. Corn  
Fresh Celery w/ LF Ranch Dip

11

Stuffed Cheese Pizza  
Tossed Salad  
w/ LF Italian Dressing  
Tomato Wedges  
w/LF Ranch Dip

12

Meatball Sub  
w/ Marinara Sauce &  
Topped Cheese  
Seasoned Green Beans  
Fresh Peppers w/LF Ranch Dip

13

Bosco Sticks  
Marinara Dipping Sauce  
Cinn. Glaze Carrots  
Fresh Veggies w/LF Ranch Dip

16

Popcorn Chicken  
BBQ Dipping Sauce  
Whole Grain Cheez-its  
Green Beans  
Fresh Carrots w/LF Ranch Dip

17

French Toast Sticks  
Sausage Patty  
Syrup Cup  
Tatar Tots Fresh  
Fresh Celery w/LF Ranch Dip

18

French Bread Pizza  
Tossed Salad  
w/ LF Italian Dressing  
Tomato Wedges  
w/LF Ranch Dip

19

Cheeseburger or Burger  
on Whole Grain Roll  
Steamed Broccoli  
Fresh Cukes Coins w/LF Ranch Dip

20

Chicken & Cheese  
Quesadilla  
Salsa, Sour Cream  
Mex Corn  
Fresh Veggies w/LF Ranch Dip

23

Chicken Tenders  
BBQ Dipping Sauce  
Whole Grain Dinner Roll  
Mixed Veggies  
Fresh Carrots w/LF Ranch Dip

24

Hot Dog  
on Whole Grain Roll  
Oven Fries  
Fresh Celery w/LF Ranch Dip

25

Homemade  
Pepperoni or Cheese Pizza  
Tossed Salad w/ LF Italian Dressing  
Tomato Wedges w/LF Ranch Dip

26

WG Chicken Patty or  
Grilled Chicken Patty  
on Whole Grain Roll  
Green Beans  
Fresh Peppers w/LF Ranch Dip

27

Bosco Sticks  
Marinara Dipping Sauce  
Cinnamon Glaze Carrots  
Fresh Veggies w/LF Ranch Dip

30

Chicken Nuggets  
BBQ Dipping Sauce  
Whole Grain Garlic Bread Stick  
Smile Fries  
Fresh Carrots w/LF Ranch Dip



Available Daily- Tuna, Cheese or Turkey, Ham w/or without Cheese on Whole Grain Bread Grab n go Bags w/ Uncrustable w/String Cheese, Cheez- its or WG Dinner Roll (or) Trix Yogurt Cup w/Cheese Stick, WG Cheez- its & WG Dinner Roll Chef w/LF Dressing & Whole Grain Roll & Homemade Croutons or GF Tossed Salad

Free Breakfast & Lunch to all Students Daily!