



SEPTEMBER 2025

Schalmont High School Lunch Menu

NYS MILK
Fresh & Canned Fruit Serve Daily

Monday

Tuesday

Wednesday

Thursday

Friday

1

Happy LABOR DAY!

2

It's as EASY as 1, 2, 3!
Online Payment
At
www.Linqconnect.com

3



4

Welcome Back To School!

Chicken Tenders
BBQ Dipping Sauce
Whole Grain Cheez Its
Seasoned Corn
Fresh Carrots w/LF Ranch Dip

5

Big Daddy's Pizza
Gluten Free Pizza
Tossed Salad w/ LF Italian Dressing
Tomato Wedges w/LF Ranch Dip

8

Chicken Nuggets
BBQ Dipping Sauce
Whole Grain Dinner Roll
Seasoned Green Beans
Fresh Carrots w/LF Ranch Dip

9

Cheese Burger or Burger
Whole Grain Roll
Baked Oven Fries
Celery Sticks w/LF Ranch Dip

10

Stuffed Crust Pizza
Gluten Free Pizza
Tossed Salad w/ LF Italian Dressing
Tomato Wedges w/LF Ranch Dip

11

Taco Salad
Refried Beans
Chips & Lettuce
Cheese & Salsa Cup, Sour Cream
Green Pepper w/LF Ranch Dip

12

French Toast Day!
Syrup Cup
Crispy Potato Tots
Turkey Sausage Patty
Mixed Veggies w/LF Ranch Dip

15

Chicken Popcorn
BBQ Dipping Sauce
Whole Grain Goldfish Cracker
Seasoned Broccoli
Fresh Carrots w/LF Ranch Dip

16

Hot Dog on a
Whole Grain Bun
Baked Beans
Celery Sticks w/LF Ranch Dip

17

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

18

Chicken Patty on
Whole Grain Roll
Seasoned Carrots
Fresh Cukes w/LF Ranch Dip

19

Toasted Cheese Sandwich
Tomato Soup
Mixed Veggies w/LF Ranch Dip

22

Chicken Tender
BBQ Dipping Sauce
Whole Grain Pretzels
Seasoned Green Peas
Fresh Carrots w/LF Ranch Dip

23

Chicken & Cheese Quesadilla
Salsa & Sour Cream Cup
Mex Corn
Fresh Celery w/LF Ranch Dip

24

Homemade Cheese Pizza
Gluten Free Pizza
Tossed Salad w/ LF Italian Dressing
Tomato Wedges w/LF Ranch Dip

25

BBQ Pork on
Whole Grain Roll
Baked Beans
Fresh Cole Slaw
Green Peppers w/LF Ranch Dip

26

Bosco Day!
Marinara Dipping Sauce
Seasoned Carrots
Mixed Veggies w/LF Ranch Dip

29

Chicken Nuggets
BBQ Dipping Sauce
Whole Grain Cheez Its
Seasoned Mixed Veggies
Fresh Carrots w/LF Ranch Dip

30

General Tso Chicken
Brown Rice
Steamed Broccoli
Fresh Celery w/LF Ranch Dip



Available Daily - Sabre Warp Bar, Cheeseburger & Rich Chicks Chicken Patty on Whole Grain Roll, Asst. Big Daddy's Cheese Pizza & Bagels w/ Cream Cheese Grab 'n Go Bags w/ Uncrustable w/Cheez-Its and/or Whole Grain Dinner Roll & String Cheese Stick, Chef w/LF Dressing & Whole Grain Roll & Homemade Croutons or GF Tossed Salad, GF Wrap

All Students can receive one (FREE) Breakfast & Lunch Daily!