



# SEPTEMBER 2025

Schalmont Middle School & Jefferson Elementary

NYS MILK

Fresh & Canned Fruit Serve Daily

Menu Subject to change

The institution is an equal opportunity provider

Monday

1

**\*Happy LABOR DAY!\***

Tuesday

2

It's as EASY as 1, 2, 3!  
Online Payment  
At  
[www.Linqconnect.com](http://www.Linqconnect.com)

Wednesday

3



Thursday

4

**Welcome Back To School!**

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

Friday

5

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

Chicken Nuggets

8

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

Cheese Burger or Burger

9

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

Stuffed Crust Pizza

10

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

Taco Salad

11

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

French Toast Day!

12

Syrup Cup  
Crispy Potato Tots  
Turkey Sausage Patty  
Mixed Veggies w/LF Ranch Dip

Chicken Popcorn

15

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

Hot Dog on a Whole Grain Bun

16

Baked Beans  
Celery Sticks w/LF Ranch Dip

French Bread Pizza

17

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

Chicken Patty on Whole Grain Roll

18

Seasoned Carrots  
Fresh Cukes w/LF Ranch Dip

Toasted Cheese Sandwich

19

Tomato Soup  
Mixed Veggies w/LF Ranch Dip

Chicken Tender

22

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

Warm Bagel Day!

23

Cream Cheese Cup  
Tots  
Turkey Sausage Patty  
Fresh Celery w/LF Ranch Dip

Homemade Cheese Pizza

24

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

BBQ Pork on Whole Grain Roll

25

Baked Beans  
Fresh Cole Slaw  
Green Peppers w/LF Ranch Dip

Bosco Day!

26

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

Chicken Nuggets

29

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

General Tso Chicken

30

Brown Rice  
Steamed Broccoli  
Fresh Celery w/LF Ranch Dip



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

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