



SEPTEMBER 2026

Schalmont High School

NYS MILK & New! Whole White Milk

Fresh & Canned Fruit Serve Daily

Menu subject to change!

This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

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



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WELCOME BACK!

Chicken Nuggets
BBQ Dipping Sauce
Whole Grain Cheez- its
Buttery Corn
Fresh Carrots w/LF Ranch Dip

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

Mozzarella Sticks
Marinara Dipping Sauce
Seasoned Green Beans
Fresh Veggies w/LF Ranch Dip

14

15

16

17

18

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

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

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

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

Wild Mikes Cheese Bites
Marinara Dipping Sauce
Seasoned Green Beans
Fresh Veggies w/LF Ranch Dip

21

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23

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25

Popcorn Chicken
BBQ Dipping Sauce
Whole Grain pretzel
Cheesy Broccoli
Fresh Carrots w/LF Ranch Dip

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

Personal Pan Pizza
Tossed Salad w/ LF Italian Dressing
Tomato Wedges w/LF Ranch Dip

Ham & Cheese on WG Bagel
Tomato Soup
Fresh Cuke's w/LF Ranch Dip

Bosco Cheese Sticks
Marinara Dipping Sauce
Seasoned Corn
Fresh Veggies w/LF Ranch Dip

28

29

30

Chicken Nuggets
BBQ Dipping Sauce
Whole Grain Crackers
Buttery Corn
Fresh Carrots w/LF Ranch Dip

Steak Sandwich
Marinara Sauce
Whole Grain Roll
Seasoned Green Beans
Fresh Celery w/LF Ranch Dip

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



Available Daily - Sabre Warp Bar, Cheeseburger & Rich Chicks Chicken Patty on Whole Grain Roll, Asst. Big Daddy's Cheese Pizza, GF 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.

Free Breakfast & Lunch to all Students Daily!