



SEPTEMBER 2026

Schalmont Middle School & Jefferson Elementary 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

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

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

Homemade Cheese 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

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

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 Celery w/LF Ranch Dip

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

Chicken Patty
On Whole Grain Roll
Green Beans
Fresh Cukes Coins w/LF Ranch Dip

Chicken & Cheese
Quesadilla
Salsa, Sour Cream
Seasoned Carrots
Fresh Veggies w/LF Ranch Dip

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

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

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

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

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