



SEPTEMBER 2026

Woestina Elementary School

NYS 1% White Milk Fruit & Veggies Serve Daily

Menu Subject to change!

All Grains Served are Whole Grains

This Institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

Get in touch with the
Schalmont Café's / Woestina Café'
Food Service Office
Maria Zarrillo
518 355-1342 x 5069
mzarrillo@Schalmont.net

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Happy Labor Day!

8

Lunch
All 5 components
Must be served daily!
MILK, VEGGIES, FRUIT, GRAINS/BREAD
MEAT/MEAT ALTERNATE

9

Welcome!
Pre ~K Students
For Healthy Food, Learning & Fun!

10

Asst. Fresh Fruit ¼ cup
Or
Asst. Canned Fruit ¼ cup
Offered Daily!

11



14

15

16

Big Daddy's Cheese Pizza
2oz m/ma, 2oz grain & 1/8 cup r/o veg
Tossed Salad 1 cup
w / LF Italian Dressing 1oz.
Fruit ¼ cup

17

Chicken Nuggets 4 ea.
1 ½ m/ma & 1 grain
BBQ Dipping Sauce 2oz.
Whole Grain Dinner Roll 1oz.
Seasoned Green Beans ¼ cup
Fruit ¼ cup

18

Toasted Cheese Sandwich
1 ½ oz. m/ma & 1 grain
Fresh Mixed Veggies ¼ cup
w/LF Ranch Dip 1oz. cup
Fruit ¼ cup

21

Chicken Popcorn 8 ea.
1 ½ oz m/ma & 1 oz grain
BBQ Dipping Sauce 2oz
WG Goldfish Cracker .75oz
Fresh Carrots ¼ cup w/LF Ranch Dip 1oz
Fruit ¼ cup

22

French toast sticks 3 ea.
1 oz m/mz & 1 oz grain
Syrup Cup 1 oz.
Crispy Potato Tots ¼ cup
Turkey Sausage Patty 1oz.
Fruit ¼ cup

23

Stuffed Crust Cheese Pizza
2oz m/ma, 2oz grain & 1/8 cup r/o veg
Tossed Salad 1 cup
w / LF Italian Dressing 1oz
Fruit ¼ cup

24

Beef Burger
2m/ma
Am. Yellow cheese ½ oz Slice
Whole Grain Roll 1oz
Buttery Corn ¼ cup
Fruit ¼ cup

25

Pizza Crunchers 2 ea.
1 ½ m/ma & 1 grain
Marinara Dipping Sauce ½ cup
Green Beans ¼ cup
Fruit ¼ cup

28

Chicken Tender 3 ea.
2 m/ma & 1 grain
BBQ Dipping Sauce 2oz
Whole Grain Pretzels .75 oz
Fresh Carrots ¼ cup w LF Ranch Dip 1oz
Fruit ¼ cup

29

Hot Dog on Whole Grain Bun
2m/ma & 1 grain
Baked Beans ¼ cup
Fruit ¼ cup

30

Homemade Cheese Pizza
2oz m/ma, 2oz grain & 1/8 cup r/o veg
Tossed Salad 1 cup
w / LF Italian Dressing 1oz
Fruit ¼ cup

Available Daily: Grab n go Bags w/Smucker's PBJ Uncrustable w/String Cheese (OR) Strawberry Ban Bash LF Trix Yogurt 4 oz. Cup w/String Cheese Stick, Whole Grain Cheez- its or Whole Grain Dinner Roll NEW!
Cheese Only, Ham or Turkey w/or without Am. Cheese Sandwiches on WG Bread offered daily!

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