












October is National Farm to School Month!

October 2024 UPK Lunch Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|---|
| <p>Lunch is FREE for all students!</p> <p>Milk Only: \$1.00</p> | <p>OCTOBER IS NATIONAL FARM TO SCHOOL MONTH!</p> | <p> Beef Tacos Steamed Rice or Tukey Sandwich Steamed Corn</p> <p>1</p> | <p>Waffles or Bagel Sausage Links Hash Brown</p> <p>2</p> | <p> Cheeseburger or Hot Dog on a Bun  Roasted Potatoes</p> <p>3</p> | <p>Homemade Pizza or  Chicken Bacon Ranch Wrap Veggie Sticks</p> <p>4</p> |
| | <p>Pasta & Meatballs Fresh Baked Bread or  Egg Salad Sandwich  Green Beans</p> <p>7</p> | <p>Mozzarella Sticks Seasoned Rotini Marinara Sauce or Ham Sandwich Caesar Salad</p> <p>8</p> | <p>Crispy Chicken Sandwich or Turkey Sandwich French Fries</p> <p>9</p> | <p>Grilled Cheese or Ham/Cheese Bagel Melt Baked Beans</p> <p>10</p> | <p>Homemade Pizza or Meatball Sub Roasted Chickpeas</p> <p>11</p> |
| <p>Available With All Meals Seasonal Fresh and/or Canned Fruit Vegetable Stewart's 1% or Skim Milk</p> | <p>No School</p> <p></p> <p>14</p> | <p>Macaroni & Cheese  Fresh Baked Bread or Ham Sandwich Garden Green Peas</p> <p>15</p> | <p>Beef & Cheese Nachos  Steamed Rice or Turkey Sandwich Steamed Corn</p> <p>16</p> | <p>French Toast or Bagel w/ Cream Cheese Sausage Links Potato Puffs</p> <p>17</p> | <p>Homemade Pizza or Chicken Caesar Wrap Veggie Sticks</p> <p>18</p> |
| <p>We love local! We partner with a number of local farms Look for the  designating local products from within New York state.</p> <p>Questions? Contact Food Service Director Sarah Keen at keens@schuylerville.org</p> | <p>Boneless Chicken Wings Corn Bread or Turkey Sandwich French Fries</p> <p>21</p> | <p>Mozzarella Sticks Seasoned Rotini Marinara Sauce or Ham Sandwich Caesar Salad</p> <p>22</p> | <p>SUPER SUB Shaved Turkey on Homemade Bread or Yogurt Meal Veggie Sticks</p> <p>23</p> | <p>Chicken Tenders Buttermilk Biscuit or Turkey Sandwich Garden Green Peas</p> <p>24</p> | <p>Homemade Pizza or Buffalo Chicken Dip w/ Tortilla Chips Roasted Chickpeas</p> <p>25</p> |
| | <p>Chicken Alfredo over Penne Pasta Fresh Baked Bread or  Egg Salad Sandwich  Green Beans Caesar Salad</p> <p>28</p> | <p> Beef Tacos Steamed Rice or Tukey Sandwich Corn, Bean Salad</p> <p>29</p> | <p>Homemade Pancakes or Bagel w/ Cream Cheese Sausage Links Hash Brown Spinach Salad</p> <p>30</p> | <p>Orange Chicken with Jasmine Rice or Ham Sandwich Stir-Fried Vegetables Halloween Treat</p> <p>31</p> |  |