

Monday

Tuesday

Wednesday

Thursday

Friday

1
Breakfast Corndog
w/syrup
Fruit and or Juice
Choice of Milk

2
Blueberry Yogurt Parfait
Fruit and or Juice
Choice of Milk

3
Maple Mini Pancakes
w/syrup
Fruit and or Juice
Choice of Milk

4
Lemonade Smoothie
w/ apple cereal bar
Fruit
Choice of Milk

5
Mini French Toast
w/ syrup
Fruit and or Juice
Choice of Milk

8
Breakfast Corndog
w/syrup
Fruit and or Juice
Choice of Milk

9
Vanilla Yogurt Parfait
Fruit and or Juice
Choice of Milk

10
Maple Mini Pancakes
w/syrup
Fruit and or Juice
Choice of Milk

11
Pineapple Berry Smoothie
w/ apple cereal bar
Fruit
Choice of Milk

12
Mini French Toast
w/ syrup
Fruit and or Juice
Choice of Milk

15
Breakfast Corndog
w/syrup
Fruit and or Juice
Choice of Milk

16
Strawberry Yogurt Parfait
Fruit and or Juice
Choice of Milk

17
Maple Mini Pancakes
w/syrup
Fruit and or Juice
Choice of Milk

18
BlueBerry Smoothie
w/ apple cereal bar
Fruit
Choice of Milk

19

Teacher Inservice Day

22
Breakfast Corndog
w/syrup
Fruit and or Juice
Choice of Milk

23
Blueberry Yogurt Parfait
Fruit and or Juice
Choice of Milk

24
Maple Mini Pancakes
w/syrup
Fruit and or Juice
Choice of Milk

25
Lemonade Smoothie
w/ apple cereal bar
Fruit
Choice of Milk

26
Mini French Toast
w/ syrup
Fruit and or Juice
Choice of Milk



30
[Enter Menu]
Vanilla Yogurt Parfait
Fruit and or Juice
Choice of Milk

31
Maple Mini Pancakes
w/syrup
Fruit and or Juice
Choice of Milk



Starting October Breakfast FREE to all enrolled Students for the 22-23 school year. The student must take what is considered a reimbursable meal or will be charged a la carte.

Offered Daily as a Breakfast choice: Assorted Cereal, Assorted Pop tarts, Banana Bread, Cinnamon Rolls, Benefit Bars

Monday

Tuesday

Wednesday

Thursday

Friday

1

- A. Meatloaf
 - B. Grilled Chicken Salad
 - C. PB&J w/ Yogurt
 - D. Make your own Pizza
 - E. Hummus
- Veg: Garlic Parm Roasted Potatoes

2

- A. Chicken Pot Pie
 - B. Grilled Chicken Salad
 - C. PB&J w/ Yogurt
 - D. Make your own Pizza
 - E. Hummus
- Veg: Roasted Edamame

3

- A. Ravioli
 - B. Grilled Chicken Salad
 - C. PB&J w/ Yogurt
 - D. Make your own Pizza
 - E. Hummus
- Veg: Zukes

4

- A. Popcorn chicken bowl
 - B. Grilled Chicken Salad
 - C. PB&J w/ Yogurt
 - D. Make your own Pizza
 - E. Hummus
- Veg: Corn

5

- A. Grilled Cheese
 - B. Grilled Chicken Salad
 - C. PB&J w/ Yogurt
 - D. Make your own Pizza
 - E. Hummus
- Veg: Tomato Soup

8

- A. Pasta Bake
 - B. Greek Salad
 - C. PB&J w/yogurt
 - D. Italian Hoagie
 - E. Hummus
- Veg: Sautéed green Beans

9

- A. Soft Taco
 - B. Greek Salad
 - C. PB&J w/yogurt
 - D. Italian Hoagie
 - E. Hummus
- Veg: Black Beans

10

- A. Sausage Egg & Cheese biscuit
 - B. Greek Salad
 - C. PB&J w/yogurt
 - D. Italian Hoagie
 - E. Hummus
- Veg: Hash browns

11

- A. Hotdog
 - B. Greek Salad
 - C. PB&J w/yogurt
 - D. Italian Hoagie
 - E. Hummus
- Veg: French Fries

12

- A. Pizza
 - B. Greek Salad
 - C. PB&J w/yogurt
 - D. Italian Hoagie
 - E. Hummus
- Veg: Sesame Broccoli

FAMILY DAY LUNCHEON

15

- A. Mac & Cheese
 - B. Chef Salad
 - C. PB&J w/ Yogurt
 - D. Ham & Cheese
 - E. Hummus
- Veg: Corn

16

- A. Walking Taco
 - B. Chef Salad
 - C. PB&J w/ Yogurt
 - D. Ham & Cheese
 - E. Hummus
- Veg: Corn

17

- A. Orange Chicken w/ lo Mein
 - B. Chef Salad
 - C. PB&J w/ Yogurt
 - D. Ham & Cheese
 - E. Hummus
- Veg: Peas & Carrots

18

- A. Buffalo Chicken Dip
 - B. Chef Salad
 - C. PB&J w/ Yogurt
 - D. Ham & Cheese
 - E. Hummus
- Veg: Black Beans

19



22

- A. Spaghetti with Meatballs
 - B. Buffalo Chicken Salad
 - C. PB&J w/ Yogurt
 - D. Turkey Club
 - E. Hummus
- Veg: Cauliflower

23

- A. Crispy Chicken Sandwich
 - B. Buffalo Chicken Salad
 - C. PB&J w/ Yogurt
 - D. Turkey Club
 - E. Hummus
- Veg: Tater tots

24

- A. Pulled Pork sandwich
 - B. Buffalo Chicken Salad
 - C. PB&J w/ Yogurt
 - D. Turkey Club
 - E. Hummus
- Veg: Edamame Salad

25

- A. Steak Wrap
 - B. Buffalo Chicken Salad
 - C. PB&J w/ Yogurt
 - D. Turkey Club
 - E. Hummus
- Veg: Cole Slaw

26

- A. Grilled Cheese
 - B. Buffalo Chicken Salad
 - C. PB&J w/ Yogurt
 - D. Turkey Club
 - E. Hummus
- Veg: Tomato Soup

9



30

- A. Fajita bowl
 - B. Garden Salad
 - C. PB&J w/ Yogurt
 - D. Provident Lunchable
 - E. Hummus
- Veg: Fajita Veg

31

- A. Pierogies
 - B. Garden Salad
 - C. PB&J w/ Yogurt
 - D. Provident Lunchable
 - E. Hummus
- Veg: Green Beans

