

Welcome to our Lunch Cafe @ Troy Middle School

November
2017

Monday

Tuesday

Wednesday

Thursday

Friday



HARVEST
of the
MONTH

We proudly support clean, organic,
local and sustainable agriculture.



1 Nachos Grande
Mild Salsa
Sour Cream
Iceberg Lettuce
Shredded Cheddar
Cheese
Fresh Red Delicious Apple

2 Pasta & Meat Sauce
Green Beans
Split Top Dinner Roll
Fresh Banana

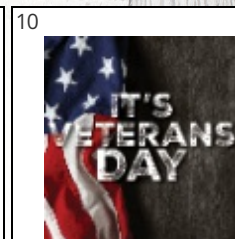
3 Chicken Parm Sandwich
Tator Tots
Broccoli
Fresh Orange

6 Baked potato
Sour Cream
Shredded Cheddar
Cheese
Broccoli
Fresh Red Delicious Apple

PD Day

8 Meatball Parmesan
Sandwich
Side of Carrots
Side Salad
Fresh Orange
Diced Pears

9 General Tso's Chicken
Yellow Rice
Green Beans
Celery Sticks
Fresh Banana
Diced Peach Cup



13 Cheese Quesadilla
Black Beans
Fresh Broccoli
Fresh Orange
Diced Pears

14 Buffalo Chicken Tenders
Corn
Side Salad
Celery Sticks
Fresh Banana

15 Soft Taco
Steamed Broccoli
Carroteenies
Fresh Banana
Diced Peach Cup

16 Mac & Cheese
Green Beans
Celery Sticks
Fresh Apple
Diced Pears

17 Cheeseburger
Sweet Potato Fries
Side Salad
Fresh Banana
Diced Peach Cup

20 BBQ Chicken
Mashed Potatoes
Steamed Broccoli
Carroteenies
Fresh Orange
Mixed Fruit

21 Bacon Cheeseburger
Oven Baked Fries
Celery Sticks
Fresh Apple
Diced Pears

22 NO LUNCH SERVED



**School
Closed**

27 Nachos Grande
Salsa
Fresh Broccoli
Fresh Banana
Diced Peach Cup

28 New Yorker Dog
Sweet Potato Fries
Celery Sticks
Fresh Apple

29 Salisbury steak
Mashed Potatoes
Corn
Fresh Orange

30 Pasta & Meat Sauce
Garlic Bread
Steamed Broccoli
Fresh Red Delicious Apple



SIMPLY ROOTED™
in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because we are Simply Rooted™ in food and family and



use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



Available Daily

Made to order deli bar and salad bar
Cheese, pepperoni, and a specialty pizzas
Chicken nuggets, Chicken Patty, Hamburger & Cheeseburger

Variety of fresh and chilled fruit

All meals are served with choice of fat free chocolate or
1% low fat or skim milk

If you have any questions or would like additional
information regarding this menu please contact your
food service director Rich Hollander at 518 328 5490
or hollanderr@whitsons.com

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.