

Welcome to our Lunch Cafe at...

Troy Elementary School

October 2018

MEATLESS MONDAY

Monday

- 1 Mozzarella Sticks
- Spaghetti Sauce
- Steamed Carrots
- Applesauce
- Fresh Orange



Tuesday

- 2 Chicken Nuggets
- Whole Wheat Dinner Roll
- Green Beans
- Steamed Carrots
- Diced Pear Cup
- Fresh Orange



Wednesday

- 3 Strawberry Banana Yogurt Cup
- Mozzarella String Cheese
- Animal Crackers
- Fresh Baby Carrots
- Fresh Apple
- Fat Free Chocolate Milk
- Fat Free Milk
- Low Fat Milk

EARLY RELEASE DAY

Thursday

- 4 Sausage and Cheese Sandwich
- Hash Brown Potatoes
- Diced Peaches
- Fresh Apple

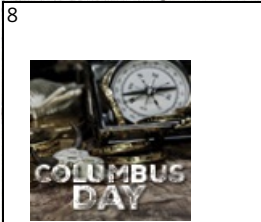


Fresh KIWI

Friday

- 5 Pepperoni Pizza
- Classic Cheese Pizza
- Steamed Broccoli
- Celery
- Light Ranch Dressing
- Diced Peaches

Zucchini Squash



- 8 Meatball Dunkers
- meatballs with marinara dipping sauce*
- Whole Wheat Dinner Roll
- Salad Mix
- Sweet Corn
- Applesauce

ITALIAN FEAST

- 10 Italian Sub
- ham, salami, and cheese on a club roll topped with fresh lettuce and tomato*
- Celery
- Light Ranch Dressing
- Diced Pear Cup
- Fresh Banana

BUTTER NUT SQUASH

- 11 Crispy Chicken Sandwich
- Crispy Potato Puffs
- Mixed Fruit
- Fresh Baby Carrots
- Bosc Pear

- 12 Stuffed Bread
- baked bread sticks filled with melted cheese*
- Pasta with Sauce
- Spinach Salad
- Light Italian Dressing
- Fresh Orange
- Garbanzo Beans

HONEYDEW MELON

- 15 Classic Cheese Pizza
- Glazed Carrots
- Garden Salad
- Apple Slices



- 16 Popcorn Chicken & Pizza Bite Combo
- Sweet Corn
- Fresh Baby Carrots
- Mixed Fruit
- Fresh Apple

CHERRY TOMATOES

- 17 Cheeseburger
- Whole Wheat Hamburger Bun
- Garbanzo Beans
- Caesar Salad
- Watermelon Cup
- Applesauce

CLASSIC AMERICAN

- 18 Chicken Parmesan Sandwich
- warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll*
- Green Beans
- Diced Peaches
- Fresh Apple

- 19 Classic Cheese Pizza
- Pepperoni Pizza
- Steamed Broccoli
- Celery
- Light Ranch Dressing
- Mixed Fruit

- 22 Grilled Cheese Sandwich
- Side Garden Salad
- Light Italian Dressing
- Sweet Corn
- Diced Peaches

VEGETARIAN

- 23 Chicken Nuggets
- Dinner Rolls
- Steamed Carrots
- Sweet Corn
- Cinnamon Applesauce
- Fresh Orange

- 24 Chili Cheese Dog
- Whole Wheat Hot Dog Bun
- Baked Beans
- Pineapple Chunks
- Fresh Peach

- 25 Meatball Hero
- Caesar Salad
- Green Beans
- Diced Pear Cup
- Fresh Apple

FRESH BLUEBERRIES

- 26 Pepperoni Pizza
- Classic Cheese Pizza
- Caesar Salad
- Steamed Broccoli
- Diced Peaches
- Fresh Apple

- 29 Pizza Bites
- Pasta with Sauce
- Broccoli
- Fresh Baby Carrots
- Applesauce



- 30 Crispy Chicken Sandwich
- Sweet Corn
- Cucumber Coins
- Diced Pear Cup
- Fresh Orange

- 31 Walking Taco
- Mexican Style Rice
- Confetti Black Bean Salad
- Cinnamon Applesauce
- Fresh Banana
- Fresh Green Grapes

MEXICAN FEAST

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.

WHITSONS School Nutrition



October is National Farm to School Month! Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



LUNCH—FREE

- Available Daily
- Fat free white milk, flavored, 1% milk
- Turkey, Ham, or Bologna sandwiches
- Chicken nugget salad, Tossed
- Yogurt served with a cheese stick and crackers
- Bagel Lunch served with cream cheese/fresh fruit, carrotenies & milk
- All rolls are whole grain

If You have any questions or would like any information please contact your food service director:

Richard Hollander 518-328-5490 or email at hollander@whitsons.com

VEGETARIAN
 MADE WITH NATURAL INGREDIENTS
 PORK
 MADE WITH ORGANIC INGREDIENTS

*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. This institution is an equal opportunity provider.