

SEPTEMBER 2023 TROY MIDDLE/HIGH SCHOOL MENU



Monday

Tuesday

Wednesday

Thursday

Friday



4
Labor Day
No School

5
CONFERENCE
DAY

6
CONFERENCE
DAY

7
Crispy Chicken Sandwich
Seasoned Curly Fries
Fresh Veggie Cup w/Dip
Assorted Fruit
NYS Milk

1
SUMMER
VACATION
8
Pulled Pork Quesadilla
Sour Cream & Salsa Cup
Steamed Mixed Veggie
Assorted Fruit
NYS Milk

11
Baked Mozzarella Sticks
Marinara Sauce
Spinach and White Beans
Assorted Fruit
NYS Milk

12
Mucho Nachos
Salsa Cup & Guacamole
Mexican Street Corn
Assorted Fruit
NYS Milk

13
Bistro Cheeseburger
Seasoned Curly Fries
Rainbow Pepper Sticks & Dip
Assorted Fruit
NYS Milk

14
Buffalo Chicken
Macaroni & Cheese
Steamed Broccoli
Assorted Fruit
NYS Milk

15
Jamaican Beef Patty
Red Beans and Rice
Curried Carrots
Assorted Fruit
NYS Milk

18
Chicken & Waffles
Sweet Potato Wedges
Cucumber Slices
Assorted Fruit
NYS Milk

19
Philly Cheesesteak Sub
Baked Potato Chips
Fresh Veggie Cup w/Dip
Assorted Fruit
NYS Milk

20
Double Dog Day
Pasta Salad
Baked Beans
Assorted Fruit
NYS Milk

21
Pineapple Teriyaki Chicken
Brown Rice/ Mini Egg Roll
Stir Fry Vegetables
Assorted Fruit
NYS Milk

22
Crispy Chicken Ranch
Garden Salad
Assorted Fruit
NYS Milk

25
No School

26
Cheesy Stuffed Breadsticks
Marinara Sauce
Green Beans
Assorted Fruit
NYS Milk

27
Chicken & Cheese Quesadilla
Salsa Cup & Sour Cream
Mexican Street Corn
Assorted Fruit & Cookie
NYS Milk

28
Troy Sampler
Fresh Veggies w/ Hummus
Assorted Fruit
NYS Milk

29
Turkey Jack Panini
Sweet Potato Fries
Assorted Fruit
NYS Milk



We are striving to support our New York State food producers. Items highlighted in green are NYS food products.

Pork Free Menu is Available Daily Upon Request (turkey alternatives)

Menu is subject to change, notice posted when available. The institution is an equal opportunity provider

In collaboration with

