



*Indicates items that contain Pork

Fresh from New York Dairy Farms! Choose Your Favorite Milk:

2% White

1% Strawberry

Fat-Free Chocolate

Lactose-Free White

Lactose-Free Chocolate

Every carton proudly supports New York dairy farmers!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Offered Daily at Breakfast Whole grain pastries and muffins Variety cereal and pop tarts Fresh apples, oranges and bananas 100% juice	Offered Daily at lunch 1 Whole grain Bagel Pak 4oz yogurt, 1oz cheese stick and cream cheese. Garden vegetable salad with grilled chicken	Offered Daily at Lunch 2 Cheese Nacho Bento Whole grain tortilla chips, cheddar cheese sauce, and salsa PB&J pack with goldfish crackers and cheese stick	In case you didn't know all of 3 NY state is free! Every student is entitled to one free breakfast and one free lunch everyday	For questions about the menu, 4 dietary, or Allergy concerns. Please contact: Kerri Sanders ksanders@gfsd.org
7	8 Welcome Back to School!	9 	Whole grain french toast sticks 10 Whole grain Bosco Sticks Marinara dipping sauce Or Chicken nuggets w/ whole grain roll Potato smile fries Baked beans Mandarin Oranges	Orange Parfait w/ graham crackers 11 Cheese/Pepperoni* Pizza On a whole grain crust Or Chicken nuggets w/ whole grain roll Garden Side Salad Carrot coins Strawberries
Cinnamon Rolls 14 Chicken Quesadilla Salsa & sour cream Or Chicken nuggets w/ whole grain roll Red Pepper Slices Refried Beans Diced Pineapple	Whole grain french Toast 15 Beef Hot Dog On a whole grain bun Or Chicken nuggets w/whole grain roll Potato Smile Fries Fresh Broccoli Blueberries	Whole grain waffles 16 Whole grain Spaghetti With Beef Tomato sauce Or Chicken nuggets w/whole grain roll Steamed carrots Celery Sticks Diced Pears	Whole grain pancakes 17 Brunch for Lunch Waffles Chicken Sausages Or Chicken nuggets w/whole grain roll Hashbrowns Roasted butternut squash Diced cantaloupe	Whole grain glazed donut holes 18 Cheese/Pepperoni* Pizza On a whole grain crust Or Chicken nuggets w/whole grain roll Spinach Side Salad Cauliflower with cheese sauce Mandarin Oranges
Whole grain waffles 21 Fish Bites Or Chicken nuggets w/whole grain roll Cole Slaw Tater tots Diced Pears	Ham and Cheese 22 On a whole grain bagel * Limited Time Recipe* Chicken Pesto Flatbread or Chicken nuggets w/whole grain roll Sweet potato fries Celery Sticks Watermelon Slice	Strawberry Orange Smoothie 23 With Graham crackers Doritos Nachos Salsa & sour cream Or Chicken nuggets w/whole grain roll Black beans Red Pepper strips Diced Pineapple	24 Whole grain powdered donut holes Hamburger/cheeseburger On a whole grain bun Or Chicken nuggets w/whole grain roll Smile potato fries Cucumber slices Diced peaches	25 Whole grain pancakes Cheese/Pepperoni* Pizza On a whole grain crust Or Chicken nuggets w/whole grain roll Caesar Side salad Corn Diced Honeydew
Vanilla Orange Smoothie 28 Graham crackers Breaded Chicken patty On a whole grain bun Or Chicken nuggets w/whole grain roll Roasted Zucchini Baked beans Diced pineapple	Whole grain waffles 29 Mac & Cheese W/whole grain pasta Or Chicken nuggets w/whole grain roll Seasoned peas Fresh Cauliflower Diced pears	Whole grain pancake puffs 30 Breaded Mozzarella sticks Marinara dipping sauce Or Chicken nuggets w/whole grain roll Potato smile fries Garden Salad Diced peaches		