



LUNCH

# OCTOBER 2023

## SACKETS HARBOR CENTRAL SCHOOL

MENU SUBJECT TO CHANGE ANY TIME  
STUDENT LUNCH: \$2.50  
ADULT LUNCH: \$5.31



PAY FOR MEALS ONLINE  
MySchoolBucks.com

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday


**2**  
Tacos or Taco Salad  
Roasted Corn  
Salsa  
Fruit & Milk

**3**  
Buffalo Chicken Sandwich  
*(Buffalo Sauce optional on side)*  
North Country Carrots  
Hummus Dip  
Fruit & Milk

**4**  
Lasagna  
Garlic Breadstick  
Italian Green Beans  
Fruit & Milk

**5**  
Homemade Pizza  
Broccoli Salad  
Fruit & Milk

**6**  
**Superintendent's Day**  
**\*\*\*October is Farm To School Month\*\*\***  
**We are proud to serve NY State & Local Fresh Fruits & Vegetables. NY State assorted Milk & Cheeses**

**9**  
**Columbus Day**  
**No School**  


**10**  
Chicken Parm Sandwich  
on WG Roll  
Italian Green Beans  
Fruit & Milk

**11**  
Buffalo Chicken Bake  
*(Buffalo Sauce optional on side)*  
Cheese Filled Breadstick  
Fruit & Milk

**12**  
NY THURSDAY MENU  
NYS Hot Dog on WG Roll  
NYS Cherry Tomatoes  
North Country Apple Slices  
Assorted NY Milk

**13**  
Homemade Pizza  
Three Bean or Romaine Garden Salad  
Fruit & Milk

**16**  
French Toast Sticks  
Maple Syrup  
Hash Browns  
Sausage  
Fruit & Milk

**17**  
Loaded Potato Bowl  
*(popcorn chicken, mashed potatoes, gravy & cheddar cheese)*  
Warm Biscuit & Steamed Corn  
Fruit & Milk

**18**  
Patriot Platter  
Mozz Sticks, Boneless Wings,  
Cheese Filled Breadstick  
Roasted Broccoli  
Fruit & Milk

**19**  
NY THURSDAY MENU  
Pasta with Sauce  
Roasted North Country Butternut Squash  
North Country Apples  
Fruit & Milk

**20**  
Homemade Pizza  
Cherry Tomatoes or Cucumber Slices  
Fruit & Milk

**23**  
Penne Pasta  
With Meatballs  
Caesar Salad  
Fruit & Milk

**24**  
Tangerine or Teriyaki  
Chicken over Steamed Rice  
Roasted Broccoli  
Fruit & Milk

**25**  
Chicken Quesadilla  
Roasted Corn  
Salsa & Sour Cream  
Fruit & Milk

**26**  
Roasted Turkey with Gravy  
Mashed Potatoes  
Roasted Butternut Squash  
WG Stuffing  
Fruit & Milk

**27**  
Homemade Pizza  
Garden Salad with Dressing  
Fruit & Milk

**30**  
Pizza Dunkers  
Marinara Sauce  
Italian Green Beans  
Fruit & Milk

**31**  
Chicken Caesar Salad  
With Warm Garlic Breadstick  
String Cheese  
Fruit & Milk  
Alt Veg: Side Caesar Salad

#### Monday Alternates:

PBJ, WG Crackers & String Cheese  
Chicken Tenders & WG Roll

#### Tuesday Alternates:

PBJ, WG Crackers & String Cheese  
Deli Wrap on WG Tortilla

#### Wednesday Alternates:

PBJ, WG Crackers & String Cheese  
Pizza Pack

#### Thursday Alternates:

PBJ, WG Crackers & String Cheese  
Breaded Chicken on WG Roll

#### Friday Alternates:

PBJ, WG Crackers & String Cheese  
Fish Sticks with Cheese Filled Breadstick