

ALA CARTE' **\$3.00**
MILK **\$2.50**
ICE CREAM **\$0.50**
 \$0.60

**ICHABOD CRANE
HOME OF THE RIDERS
LUNCH MENU FOR SEPTEMBER 2019
HIGH SCHOOL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 3 Chicken Patty or Chicken Parm Smiley fries Lettuce chilled & fresh fruit assorted skim 1 % milk	September 4 Crispy Chicken Caesar Wrap potato chips chilled & fresh fruit assorted skim & 1% milk	September 5 Meatball Sub Potato Chips Cole Slaw baby carrots chilled & fresh fruit assorted skim & 1 % milk	September 6 Italian Pizza tossed roamine salad chilled & fresh fruit assorted Skim & 1 % Milk
September 9 Chicken Nuggets Rice Green Beans chilled & fresh fruit assorted Skim & 1 % Milk	September 10 Chicken Queso Pizza Buttered Corn Salsa, Sour Cream Guacamole chilled and fresh fruit assorted Skim & 1 % Milk	Sub Day September 11 Ham or Turkey w/Cheese lettuce & tomato potato chips pasta salad chilled and fresh fruit Assorted Skim or 1% Milk	September 12 Pulled Pork or Fish on a bun potato chips Cole Slaw chilled & fresh fruit assorted Skim & 1 % Milk	September 13 Italian Pizza tossed roamine salad chilled & fresh fruit assorted Skim & 1 % Milk
September 16 Chicken Patty or Chicken Parm Smiley fries Lettuce chilled & fresh fruit assorted skim & 1 % milk	September 17 Hot Dog on a Bun Mac & Cheese Baked Beans chilled & fresh fruit assorted skim & 1 % milk	September 18 Crispy Chicken Caesar Wrap potato chips chilled & fresh fruit assorted skim & 1 % milk	September 19 Hamburger or Ch. Burger Macaroni Salad Lettuce & Tomato chilled & fresh fruit assorted skim & 1 % milk	September 20 Italian Pizza tossed roamine salad chilled & fresh fruit assorted skim & 1 % milk
September 23 Chicken Nuggets Rice Green Beans chilled & fresh fruit assorted Skim & 1 % Milk	TACO TUESDAY September 24 Spicy Beef, Tortilla Chips Refried Beans Corn, Salsa Lettuce, Cheese chilled & fresh fruit assorted skim & 1 % milk	Sub Day September 25 Ham or Turkey w/Cheese lettuce & tomato potato chips chilled and fresh fruit assorted skim & 1 % milk	September 26 Chicken Broccoli Alfredo Celery & Carrots Dinner Roll chilled & fresh fruit assorted skim & 1 % milk	September 27 Italian Pizza steamed broccoli chilled & fresh fruit assorted skim & 1 % milk
September 30 Chicken Patty or Chicken Parm Smiley fries Lettuce chilled & fresh fruit assorted skim & 1 % milk				

Find our Menus at
www.ichabodcrane.org

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AND EMPLOYER**