

STUDENT LUNCH

Grades K-5 \$2.50

Grades 6-12 \$3.00

ALA CARTE' \$2.25

MILK

**ICHABOD CRANE
HOME OF THE RIDERS
LUNCH MENU FOR SEPTEMBER 2019
MIDDLE SCHOOL
4th -8th grades**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>September 3 Chicken Nuggets Smiley Fries Glazed Carrots</p> <p>chilled & fresh fruit assorted skim or 1% Milk</p>	<p>Brunch For Lunch September 4 French Toast Sticks Sausage or Egg Patty Syrup Fresh Baby Carrots chilled & fresh fruit assorted skim or 1% Milk</p>	<p>September 5 Hot Dog or Corn Dog Macaroni & Cheese Vegetarian Bean</p> <p>chilled & fresh fruit assorted skim or 1% Milk</p>	<p>September 6 Italian Cheese Pizza Broccoli</p> <p>chilled & fresh fruit assorted skim or 1% milk</p>
<p>September 9 Chicken Patty on Bun Romaine, Tomato Tater Tots chilled & fresh fruit assorted skim or 1% milk</p>	<p>September 10 Mozzarella Sticks Marinara Sauce Caesar Salad</p> <p>chilled & fresh fruit assorted skim or 1% milk</p>	<p>Deli Day September 11 Ham or Turkey w/Cheese Lettuce, tomato Potato Chips Tomato/cucumber Salad chilled & fresh fruit assorted skim or 1% milk</p>	<p>September 12 Hamburger or CH Burger on a Bun French Fries 3 Bean Salad chilled & fresh fruit assorted skim or 1% milk</p>	<p>September 13 Headless Horseman Pizza Green Beans</p> <p>chilled & fresh fruit assorted skim or 1% milk</p>
<p>September 16 General Tso Chicken Brown Rice Broccoli</p> <p>chilled and fresh fruit assorted skim or 1% milk</p>	<p>September 17 Chicken Queso Pizza or Burrito corn, salsa</p> <p>chilled and fresh fruit assorted skim or 1% milk</p>	<p>September 18 Meatball Subs Potato Chips Fresh Baby Carrots</p> <p>chilled & fresh fruit assorted skim or 1% milk</p>	<p>September 19 Grilled Cheese Tomato or Chicken Noodle Soup 3 Bean Salad chilled & fresh fruit assorted skim or 1% Milk</p>	<p>September 20 Headless Horseman Pizza Green Beans</p> <p>chilled & fresh fruit assorted skim or 1% Milk</p>
<p>September 23 Chicken Nuggets Brown Rice Glazed Carrots</p> <p>chilled & fresh fruit assorted skim or 1% Milk</p>	<p>TACO TUESDAY September 24 Spicy Beef, Tortilla Chips Refried Bean Corn, Salsa Romaine, Tomato & Cheese</p> <p>chilled & fresh fruit assorted skim or 1% Milk</p>	<p>September 25 Crispy Chicken Wrap lettuce, tomato chips baby carrots chilled & fresh fruit assorted skim & 1 % milk</p>	<p>September 26 Hot Dog or Corn Dog Macaroni & Cheese Vegetarian Beans</p> <p>chilled & fresh fruit assorted skim & 1 % milk</p>	<p>September 27 Italian Cheese Pizza Broccoli</p> <p>chilled & fresh fruit assorted skim & 1 % milk</p>
<p>September 30 Chicken Tenders Plain or Buffalo French Fries Carrots & Celery chilled & fresh fruit assorted skim & 1 % milk</p>				

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www.ichabodcrane.org

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