



High School

SEPTEMBER 2022

Ichabod Crane Central School District

Lunch \$3.25
Milk \$.50

Monday

Tuesday

Wednesday

Thursday

Friday

5

Chicken Nuggets
brown rice
glazed carrots
chilled or fresh fruit

6

Brunch for Lunch
Waffles & Syrup
Sausage links
3 bean salad
chilled or fresh fruit

7

Mozzarella Sticks
marinara sauce
Caesar salad
chilled or fresh fruit

8

Cheese Pizza
green beans
chilled or fresh fruit

9

12

Chicken Patty on a bun
tater tots
chilled or fresh fruit

TACO TUESDAY

Seasoned Taco Meat
tortilla chips, refried beans
salsa, sour cream ,corn
chilled or fresh fruit

13

Deli Day

Ham or turkey
chips & baby carrots
chilled or fresh fruit

14

Macaroni and Cheese
Soft Pretzel
Green Beans
Chilled or fresh fruit

15

Cheese Pizza
fresh baby carrots
Side of ranch dressing
chilled or fresh fruit

16

19

Popcorn chicken
brown rice
glazed carrots
chilled or fresh fruit

Cheesy Bread Sticks
Marinara
Tossed Salad
chilled or fresh fruit

20

Cheeseburger on a Bun
smiley fries
chilled or fresh fruit

21

Meatball Sub
3 Bean salad
potato chips
chilled or fresh fruit

22

Headless Horseman Pizza
green beans
chilled or fresh fruit

23

26

Chicken Tenders
Tator tots
chilled or fresh fruit

Brunch for Lunch
Waffles & Syrup
Sausage links
chilled or fresh fruit

27

Hot Dog
french fries
vegetarian beans
chilled or fresh fruit

28

Chicken ranch wrap
Fresh baby carrots
potato chips
chilled or fresh fruit

29

Cheese Pizza
Steamed broccoli
chilled or fresh fruit

30

All meals are served with a choice of assorted skim or 1% milk.
Add \$\$ to your students account at www.myschoolbucks.com

PB&J Sandwiches are served daily as an alternative meal.
Find our Menus at www.ichabodcrane.org

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

