



# SEPTEMBER 2022

K-5 \$2.75

6-8 \$3.25

Milk \$.50

Primary & Middle School

## Ichabod Crane Central School District

Monday

Tuesday

Wednesday

Thursday

Friday

5

Chicken Nuggets  
brown rice  
glazed carrots  
chilled or fresh fruit

6

**Brunch for Lunch**  
Waffles & Syrup  
Sausage or egg patty  
3 bean salad  
chilled or fresh fruit

7

Mozzarella Sticks  
marinara sauce  
Fresh baby carrots  
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 or egg patty  
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 served with a choice of assorted fruit or 1% milk.  
Add \$\$ to your students account at [www.myschoolbucks.com](http://www.myschoolbucks.com)

PB&J Sandwiches served daily as an alternative meal.  
Find our Menus at [www.ichabodcrane.org](http://www.ichabodcrane.org)

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