



MIDDLE SCHOOL

# OCTOBER 2022

## Ichabod Crane Central School District

Lunch \$3.25  
Milk \$.50

### Monday

Chicken Nuggets **3**  
brown rice  
glazed carrots  
chilled or fresh fruit

**10**  
NO  
SCHOOL  
COLUMBUS DAY

General Tso Chicken **17**  
brown rice  
broccoli  
chilled or fresh fruit

Chicken Tenders **24**  
Tator tots  
chilled or fresh fruit

Chicken Nuggets **31**  
brown rice  
glazed carrots  
chilled or fresh fruit

### Tuesday

**TACO TUESDAY** **4**  
Seasoned Taco Meat  
tortilla chips, refried beans  
salsa, sour cream ,corn  
chilled or fresh fruit

**11**  
Chicken Patty on a bun  
tater tots  
chilled or fresh fruit

**Brunch for Lunch** **18**  
Waffles & Syrup  
Sausage links  
chilled or fresh fruit

Hot Dog **25**  
Waffle friess  
vegetarian beans  
chilled or fresh fruit

### Wednesday

Corn Dog **5**  
Smiley Fries  
chilled or fresh fruit

**12**  
Cheesy Bread Sticks  
Marinara  
Tossed Salad  
chilled or fresh fruit

**19**  
Grilled Cheese  
Tomato Soup  
3 Bean Salad  
chilled or fresh fruit

Cheeseburger on a Bun **26**  
smiley fries  
chilled or fresh fruit

### Thursday

Macaroni and Cheese **6**  
Soft Pretzel  
Green Beans  
Chilled or fresh fruit

**13**  
Deli Day  
Ham or turkey  
chips & baby carrots  
chilled or fresh fruit

**20**  
Chicken ranch wrap  
Fresh baby carrots  
potato chips  
chilled or fresh fruit

Meatball Sub **27**  
Fresh baby carrots  
potato chips  
chilled or fresh fruit

### Friday

**7**  
Cheese Pizza  
Fresh baby carrots  
chilled or fresh fruit

**14**  
Cheese Pizza  
Broccoli  
chilled or fresh fruit

**21**  
French Bread Pizza  
green beans  
chilled or fresh fruit

**28**  
Cheese Pizza  
Broccoli  
chilled or fresh fruit



PAY FOR MEALS ONLINE  
MySchoolBucks.com

All meals are served with a choice of assorted skim or 1% milk.  
Add \$\$ to your students account at [www.myschoolbucks.com](http://www.myschoolbucks.com)

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

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