



High School

SEPTEMBER 2023

Ichabod Crane Central School District

Lunch \$3.25
Milk \$.50

Monday

Tuesday

Wednesday

Thursday

Friday



Labor Day
No School

4

No School

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

No School

1

French Bread Pizza
tossed salad
chilled or fresh fruit

8

Chicken Patty
Tator Tots
Fresh baby carrots
chilled or fresh fruit

11

Corn Dog
Mac n Cheese
vegetarian beans
chilled or fresh fruit

12

Pulled Pork on a bun
fresh baby carrots
potato chips
chilled or fresh fruit

13

Chicken Queso Pizza
salsa/sour cream
guacamole corn
chilled or fresh fruit

14

Cheese Pizza
steamed broccoli
chilled or fresh fruit

15

Chicken Tenders
waffle fries
broccoli
chilled or fresh fruit

18

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

19

Mozzarella Sticks
marinara sauce
Caesar salad
chilled or fresh fruit

20

General Tso Chicken
fried rice
egg roll broccoli
chilled or fresh fruit

21

Stuffed Crust Pizza
green beans
chilled or fresh fruit

22

Popcorn Chicken
mashed potatoes
with gravy, steamed corn
chilled or fresh fruit

25

Pepperoni Pizza Rolls
marinara sauce
tossed salad
chilled or fresh fruit

26

Cheeseburger on a Bun
smiley fries
chilled or fresh fruit

27

Crispy or Buffalo chicken
w/ Macaroni & Cheese
Steamed broccoli
Chilled or fresh fruit

28

Cheese Pizza
fresh baby carrots
chilled or fresh fruit

29



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

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