LUNCH **Middle School** Monday **Labor Day** No School 11 Chicken Nuggets

SEPTEMBER 2023

Ichabod Crane Central School District

K-5 \$2.75 6-12 \$3.25 Milk \$.50





6

20

Friday

No School

No School

Tuesday

Chicken Patty Tator Tots Fresh baby carrots chilled or fresh fruit

Mozzarella Sticks or 7 Pepperoni Pizza Rolls Marinara Sauce Tossed Salad chilled or fresh fruit

Thursday

Cheese Pizza Green Beans chilled or fresh fruit 8

22

brown rice glazed carrots chilled or fresh fruit

Brunch for Lunch 12 French Toast Sticks Sausage or Egg patty 3 Bean salad chilled or fresh fruit

13 Cheeseburger on a bun waffle fries Fresh baby carrots chilled or fresh fruit

14 Macaroni & Cheese Soft Pretzel Green Beans chilled or fresh fruit

Cheese Pizza Tossed Salad chilled or fresh fruit

18 Chicken Tenders Tator Tots Green beans chilled or fresh fruit

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

TACO TUESDAY

Grilled Cheese Tomato Soup Peas & Carrots chilled or fresh fruit Crispy Chicken Wrap 21 Fresh Baby Carrots Potato Chips chilled or fresh fruit

French Bread Pizza Broccoli chilled or fresh fruit

25 Popcorn Chicken Brown Rice Broccoli chilled or fresh fruit

26 Cheesy Bread Sticks Marinara Sauce Tossed Salad chilled or fresh fruit

Ham or Turkey w/ Cheese Potato Chips 3 Bean Salad chilled or fresh fruit

Deli Day

28 Corn Dog Smiley Fries Peas & Carrots chilled or fresh fruit

Cheese Pizza Green Beans chilled or fresh fruit



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