

# SMSD 9-12 Lunch Menu

Menu is subject to change.

## October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>HAPPY HALLOWEEN</b>	<b>1 CHEF'S CHOICE</b>
<b>4</b> Hot Dog & Cheese Roll Ups Glazed Carrot Coins Vegetarian Beans	<b>5</b> TACO TUESDAY 10" Seasoned Meat & Cheese Rice Corn Medley Salsa & Cheese	<b>6</b> Meatball Parmesan Subs WG Pasta Salad Green Beans	<b>7</b> Breakfast for Lunch Egg Patties & Cheese Home-fries w/ peppers & onions Sausage WG Toasted Flatbreads Fresh Fruit Cups	<b>9</b> <b>NO SCHOOL PARENT CONFERENCE DAY</b>
<b>11</b> <b>NO SCHOOL</b>	<b>12</b> 10" Chicken & Cheese Fajita Lettuce & Tomato Fiesta Corn Seasoned Black Beans	<b>13</b> WG Chicken Patty Sandwich Roasted Carrots Broccoli WG Pretzels	<b>14</b> Turkey OR Ham Wraps Romaine Lettuce & Tomato Slices WG Crackers & Cheese	<b>15</b> Cheese & Pepperoni Pizzas Seasoned Tomatoes Seasoned Pasta
<b>18</b> Chicken & Broccoli Alfredo WG Pasta Peas & Carrots Dinner Roll	<b>19</b> Peanut Butter & Jelly Pinwheels OR Turkey Sub Carrots & Cucumber Slices WG Goldfish Crackers	<b>20</b> Grilled Cheese Sandwich Tomato Soup Green Beans WG Crackers <b>100% Frozen Fruit Treat</b>	<b>21</b> Baked Pasta & Meat Sauce Roasted Zucchini Garlic Sticks	<b>22</b> Chicken Caesar Wraps Carrots & Celery Lettuce & Tomato <b>Early Dismissal</b>
<b>25</b> Cheese Burger Wraps French Fries Carrots	<b>26</b> Meat & Cheese Quesadillas Chips & Salsa Corn & Black Beans	<b>27</b> Honey Garlic Chicken Over WG Brown Rice Oriental Veggies Fortune Cookie	<b>28</b> Chicken Noodle Casserole Roasted Tomatoes & Spinach Corn Bread Muffins	<b>29</b> Buffalo Chicken Nuggets Sweet Potato Green Beans

Lunch Fact: My Plate Recommends:

Choose vegetables that are rich in color red-orange or dark greens. They taste great and are good for you.

Reference: [USDA.MyPlate.gov](http://USDA.MyPlate.gov).



**Choose Daily:**

Whole Grains

Fresh Fruits & Vegetables

**NYS APPLES SERVED DAILY**

Non or Low Fat White or

Chocolate Milk.

**Offered Daily:**

Peanut Butter & Jelly on WG Bread -Grade Level Appropriate

Size-

Pre Packed Salads upon Request

START WITH: Choose 3:

Vegetable

Fruit ( or choose both)

Choose A Whole Grain

Pick a Lean Protein

Add a Serving of Milk

This USDA School is an Equal Opportunity Provider and Employer.