

**BOCES - NOVEMBER MENU 2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) FRENCH TOAST W/ APPLESAUCE OR JUICE MILK HAMBURGER, CHEESEBURGER OR VEGGIEBURGER ON A WHOLE GRAIN ROLL W/ LETTUCE & TOMATO SHELDON FARM ROASTED POTATOES, FRUIT, MILK	3) TOASTED BAGEL W/ PB&J FRUIT OR JUICE, MILK MACARONI AND CHEESE BROCCOLI VARIETY OF FRUIT, MILK	4) CORN MUFFIN, STRING CHEESE FRUIT OR JUICE, MILK CHICKEN CAESAR WRAP WHOLE GRAIN SALAD (MADE W/ QUINOA) VARIETY OF FRUIT , MILK	5) EGG AND CHEESE ON AN ENGLISH MUFFIN, FRUIT OR JUICE, MILK SPAGHETTI W/ MEAT SAUCE OR MARINARA SAUCE ITALIAN BREAD GREEN BEANS VARIETY OF FRUIT, MILK	6) WAFFLES W/ PEACHES OR JUICE, MILK FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE TOSSED SALAD W/ LOW FAT DRESSING VARIETY OF FRUIT, MILK
9) PANCAKES W/ BLUEBERRIES OR JUICE, MILK CHICKEN STIR FRY FLUFFY RICE VARIETY OF FRUIT, MILK	10) FRENCH TOAST W/ APPLESAUCE OR JUICE, MILK GRILLED CHEESE SANDWICH TOMATO SOUP W/ CRACKERS VARIETY OF FRUIT, MILK	11) <u>NO SCHOOL VETERAN'S DAY</u>	12) YOGURT, FRESH MUFFIN FRUIT OR JUICE, MILK TACO'S W/ LETTUCE, TOMATO CHEESE AND SALSA FLUFFY RICE VARIETY OF FRUIT, MILK	13) TOASTED BAGEL W/ PB & J FRUIT OR JUICE, MILK FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE TOSSED SALAD W/ LOW FAT DRESSING VARIETY OF FRUIT, MILK
16) FRENCH TOAST W/ APPLESAUCE OR JUICE, MILK HAMBURGER, CHEESEBURGER OR VEGGIEBURGER ON A WHOLE GRAIN ROLL W/ LETTUCE & TOMATO SHELDON FARM ROASTED POTATOES, FRUIT, MILK	17) BREAKFAST PIZZA, FRUIT OR JUICE, MILK ROASTED HERB CHICKEN FLUFFY RICE SQUASH VARIETY OF FRUIT, MILK	18) EGG AND CHEESE ON AN ENGLISH MUFFIN, FRUIT OR JUICE, MILK VEGETARIAN CHILI W/ CORNBREAD OR FISH ON A BUN CARROTS VARIETY OF FRUIT, MILK	19) TOASTED BAGEL W/ PB&J FRUIT OR JUICE, MILK ROAST TURKEY W/ GRAVY MASHED OR SWEET POTATOES STUFFING PUMPKIN CRUNCH VARIETY OF FRUIT, MILK	20) PANCAKES W/ BLUEBERRIES OR JUICE, MILK FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE TOSSED SALAD W/ LOW FAT DRESSING VARIETY OF FRUIT, MILK
23) WAFFLES W/ PEACHES OR JUICE MILK GRILLED CHICKEN ON A WHOLE GRAIN BUN CORN VARIETY OF FRUIT, MILK	24) YOGURT, FRESH MUFFIN FRUIT OR JUICE, MILK HAM AND CHEESE MELT CARROTS VARIETY OF FRUIT, MILK	25) TOASTED BAGEL W/ PB&J FRUIT OR JUICE, MILK BUILD YOUR OWN BURRITO W/ BEEF, BEANS, ONIONS, PEPPERS SALSA AND MORE... VARIETY OF FRUIT, MILK	26) <u>NO SCHOOL THANKSGIVING RECESS</u>	27) <u>NO SCHOOL THANKSGIVING RECESS</u>
30) TOASTED BAGEL W/ PB&J FRUIT OR JUICE, MILK HAMBURGER, CHEESEBURGER OR VEGGIEBURGER ON A WHOLE GRAIN ROLL W/ LETTUCE & TOMATO ROASTED CAULIFLOWER VARIETY OF FRUIT, MILK				

MENU SUBJECT TO CHANGE WITHOUT NOTICE

A COMPLETE BREAKFAST INCLUDES AN ENTRÉE & JUICE & MILK FOR \$1.00. A COMPLETE LUNCH \$2.50, DELI LUNCH \$2.50, SALAD LUNCH \$2.50. VISIT OUR WEB SITE @ www.saratogaschools.org. FOR MORE INFO CALL 583-4704. BREAKFAST ALTERNATIVE IS COLD CEREAL, TOAST, FRUIT AND MILK. LUNCH ALTERNATIVE IS PBJ OR DELISANDWICH, VEGETABLE, FRUIT, MILK. MILK ALA A CARTE \$.40. STUDENTS MAY PRE-PAY NO THEIR ACCOUNTS. PLEASE MAKE CHECKS PAYABLE TO THE SCHOOL LUNCH PROGRAM. INCLUDE ON CHECK – STUDENTS NAME PIN# AND SCHOOL.

<u>LUNCH ENTRÉE-CHOOSE ONE</u>	<u>FRUIT/VEGETABLE-CHOOSE TWO</u>	<u>MILK-CHOOSE ONE</u>
<u>SPECIAL OF THE DAY ON MENU</u>	<u>VEGETABLE OF THE DAY ON MENU</u>	<u>LOW FAT 1% MILK</u>
<u>SUB SANDWICH</u>	<u>FRESH VEGGIE CHOICE W/ LOW FAT DIPS</u>	<u>SKIM MILK</u>
<u>PB&J SANDWICH</u>	<u>ASSORTED FRESH FRUIT</u>	<u>LOW FAT CHOCOLATE MILK</u>

SALAD W/ LOW FAT DRESSING CANNED FRUIT, 100% FRUIT JUICE