





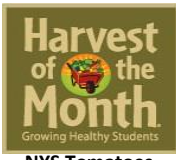


# September 2022 Lunch Menu

## North Collins Elementary School



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
				 NYS Tomatoes, Zucchini and Summer Squash
	6 Chicken Nuggets w/ Seasoned Rotini  Ham & Cheese Sandwich ----- Diced Carrots 3/4c Fruit 1/2c Milk -8oz	7 BBQ Chicken Fillet On Bun  Bologna & Cheese Sandwich ----- Steamed Broccoli 3/4c Fruit 1/2c Milk-8oz	8 Cheese Pizza  Chicken Salad Sandwich ----- Baked Beans 3/4c Fruit 1/2c Milk-8oz	9 Macaroni & Cheese w/ Dinner Roll  Turkey Sub ----- Steamed Corn 1/2c NYS Seasoned Zucchini & Summer Squash 1/2c Fruit 1/2c Milk-8oz
12 Cheeseburger on a Bun  Ham Sub ----- Baked French Fries 3/4c NYS Fresh Peach-1 Piece Milk-8oz	13 Nacho Grande w/Tostitos Chips, Meat & Cheese  Turkey Sandwich ----- Corn 1/2c Black Beans 1/2c Fruit 1/2c Milk-8oz	14 Spaghetti & Meat Sauce w/ Garlic Roll  Hot Ham & Cheese on Bun ----- Green Beans 3/4c NYS Watermelon Slice Milk-8oz	15 Cheese & Pepperoni Pizza  Bologna & Cheese Sandwich ----- Sweet Potatoes 3/4c Fruit 1/2c Milk -8oz	16 Grilled Cheese Sandwich  Turkey Wrap ----- Steamed Broccoli 3/4c Fruit 1/2c Milk-8oz
19 Chicken Patty on a Bun w/Seasoned Rotini  8" Turkey Wrap ----- Baked Beans 3/4c Fruit 1/2c Milk-8oz	20 Taco in a Bag w/Nacho Doritos, Meat & Cheese  Chicken Salad Sandwich ----- Diced NYS Tomatoes 1/2c Corn 1/2c NYS Fresh Apples-1 Piece Milk- 8oz	21 Baked Meatball Sub w/Mozzarella Cheese  Bologna & Cheese Sandwich ----- Steamed Broccoli 3/4c Fruit 1/2c Milk-8oz	22 Cheese Pizza  Ham Sub ----- NYS Seasoned Zucchini & Summer Squash 3/4c NYS Peaches -1Piece Milk-8oz	23 "Breakfast for Lunch" French Toast Sticks w/ Syrup, Egg Patty and Sausage Patty Turkey Sandwich ----- Baby Carrots 1/2c NYS Cucumber Coins w/ Cherry Tomatoes 1/2c Fruit 1/2c Milk-8oz
26 Popcorn Chicken w/Seasoned Rice  Bologna & Cheese Sandwich ----- Glazed Carrots 3/4c Fruit 1/2c Milk-8oz	27 Hot Dog on a Bun w/ Macaroni Salad  Chicken Salad Wrap ----- Black Bean Salsa 1/2c Corn 1/2c Fruit 1/2c Milk-8oz	28 Turkey and Gravy With a Dinner Roll  Hot Ham & Cheese on Bun ----- Mashed Potatoes 3/4c Fruit 1/2c Milk 8oz	29 Cheese & Pepperoni Pizza  Turkey Cordon Bleu Sandwich ----- Green Beans 3/4c Fruit 1/2c Milk-8oz	30 Sloppy Joe on a Bun  Ham & Cheese Sub ----- Steamed Broccoli 3/4c NYS Fresh Apple -1 piece Milk-8oz

### NYS LOCAL FOODS

- \*Upstate Farms Dairy  
-milk, yogurt, sour cream
- \*LynOaken Farms Apples
- \*Local Farm Vegetables and Fruit  
used in Meal Program  
highlighted in green

In addition to the Entrée of the Day, we also serve the following Items Daily:

**Julienne Salad**  
(Includes Flatbread) 2M2G

**Peanut Butter & Jelly Sandwich (2M2G)**

**Fruit & Yogurt Parfait**  
w/Flatbread(2M2G)

Offered daily  
with all School Lunches:  
**Fresh or Prepared Fruit**  
(Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)

**NY State Non or Low Fat White or Non Fat Chocolate Milk 8oz**

This institution is an equal opportunity provider and employer.