



September 2022 Lunch Menu

North Collins Jr/Sr High School



Menu is subject to change.

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

This institution is an equal opportunity provider and employer.

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