

Spackenkill High School September 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Served Daily</u> - PB & Jelly Deli Turkey Sandwich Ham & Cheese Sandwich Tuna Salad Sandwich Homemade Hummus Spread w/toasted everything bagel Chef Salad Garden Salad w/chicken or cheese Strawberry Yogurt Parfait</p>	<p><u>5 Vegetable Groups Offered Weekly</u></p> <ul style="list-style-type: none"> • Dark Green • Red/Orange • Legumes (dried beans & peas) • Starchy • Other as defined in guidelines 	<p>This institution is an equal opportunity provider</p>	<p><i>Menu is subject to change due to product availability or unforeseen circumstances</i></p>	<p>1</p> <p style="font-size: 1.2em; color: green;">Welcome Back Have a Wonderful School Year!</p>
<p>4</p> <p style="font-size: 1.5em; color: purple;">LABOR DAY</p>	<p>5</p> <p>Superintendent's Conference Day</p>	<p>6</p> <p>Superintendent's Conference Day</p>	<p>7</p> <p>Pizzeria Slice OR Chicken Pattie on bun or SPAGEL Homemade Cream of Garbanzo Bean Soup Fresh Seasonal Fruit</p>	<p>8</p> <p>Sausage Egg & Cheese Sandwich OR Nacho's w/meat & cheese OR Falafel Pita Fresh Tomato & Basil Salad Fresh Seasonal Fruit</p>
<p>11</p> <p>Chicken Fajita OR Meatball Sub OR Personal Pizza Homemade Vegetable soup Fresh Seasonal Fruit</p>	<p>12</p> <p>Pasta w/meat sauce OR Mozzarella Sticks w/ Three Grain Pilaf OR Personal Pizza Green Peas Fresh Seasonal Fruit</p>	<p>13</p> <p>Cheeseburger w/ oven baked garlic fries OR Personal Pizza OR Cheese Quesadilla w/side salsa Steamed Buttered Kale Fresh Seasonal Fruit</p>	<p>14</p> <p>Pizzeria Slice OR Chicken Pattie on bun or SPAGEL Homemade Lentil Soup Fresh Seasonal Fruit</p>	<p>15</p> <p>Sausage Egg & Cheese Sandwich OR Nacho's w/meat & cheese OR Falafel Pita Fresh Butternut Squash Fresh Seasonal Fruit</p>
<p>18</p> <p>Teriyaki Ginger Chicken w/rice OR Meatball Sub OR Personal Pizza Spicy Water Chestnuts Fresh Seasonal Fruit</p>	<p>19</p> <p>Pasta w/meat sauce OR Mozzarella Sticks w/ Farro Salad OR Personal Pizza Steamed Carrots Fresh Seasonal Fruit</p>	<p>20</p> <p>Cheeseburger w/ oven baked garlic fries OR Personal Pizza OR Cheese Quesadilla w/side salsa Fresh Spinach Salad Fresh Seasonal Fruit</p>	<p>21</p> <p style="font-size: 1.2em; color: black;">ROSH HASHANAH</p>	<p>22</p> <p>Sausage Egg & Cheese Sandwich OR Nacho's w/meat & cheese OR Falafel Pita Homemade White Bean Soup Fresh Seasonal Fruit</p>
<p>25</p> <p>Chicken fajita w/rice OR Meatball Sub OR Personal Pizza Homemade Vegetable soup Fresh Seasonal Fruit</p>	<p>26</p> <p>Pasta w/meat sauce OR Mozzarella Sticks w/Tabbouleh salad OR Personal Pizza Spicy Mexican Street Corn Fresh Seasonal Fruit</p>	<p>27</p> <p>Cheeseburger w/ oven baked garlic fries OR Personal Pizza OR Cheese Quesadilla w/side salsa Spicy Collard Greens Fresh Seasonal Fruit</p>	<p>28</p> <p>Pizzeria Slice OR Chicken Pattie on bun or SPAGEL Black Bean Salad Fresh Seasonal Fruit</p>	<p>29</p> <p>Sausage Egg & Cheese Sandwich OR Nacho's w/meat & cheese OR Falafel Pita Homemade Pumpkin Soup Fresh Seasonal Fruit</p>