

## Spackenkill High School October 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Pasta w/meat sauce OR Mozzarella Sticks w/ Three Grain Pilaf OR Personal Pizza <b>Green Peas</b> Fresh Seasonal Fruit	Nacho's w/meat & cheese OR Roasted Turkey & Rice OR Falafel Pita <b>Steamed carrots</b> Fresh Seasonal Fruit	Cheeseburger w/ oven baked garlic fries OR Personal Pizza OR Toasted Cheese Sandwich <b>Homemade Vegetable soup</b> Fresh Seasonal Fruit	Pizzeria Slice OR Chicken Pattie on bun OR SPAGEL <b>Homemade Split Pea Soup</b> Fresh Seasonal Fruit	General Tso Chicken over rice OR Meatball Sub OR Ham & Cheese Pockets <b>Steamed Fresh Broccoli</b> Fresh Seasonal Fruit
9	10	11	12	6
<b>Columbus Day</b>	Teriyaki Ginger Chicken over rice OR Meatball Sub OR Ham & Cheese Pockets <b>Kernel Corn</b> Fresh Seasonal Fruit	Toasted Cheese Sandwich OR Cheeseburger w/ oven baked garlic fries OR Personal Pizza <b>Homemade Vegetable soup</b> Fresh Seasonal Fruit	Chicken Pattie on bun or Pizzeria Slice OR SPAGEL <b>Homemade White Bean Soup</b> Fresh Seasonal Fruit	Roasted Turkey & Rice OR Nacho's w/meat & cheese OR Falafel Pita <b>Homemade Pumpkin Soup</b> Fresh Seasonal Fruit
16	17	18	19	6
Baked Macaroni & cheese OR Mozzarella Sticks w/garlic bread OR Personal Pizza <b>Escarole w/garlic and oil</b> Fresh Seasonal Fruit	General Tso Chicken over rice OR Meatball Sub OR Ham & Cheese Pockets <b>Steamed Fresh Broccoli</b> Fresh Seasonal Fruit	Cheeseburger w/ oven baked garlic fries OR Personal Pizza OR Toasted Cheese Sandwich <b>Homemade Vegetable soup</b> Fresh Seasonal Fruit	Pizzeria Slice OR Chicken Pattie on bun OR SPAGEL <b>Homemade Lentil Soup</b> Fresh Seasonal Fruit	Nacho's w/meat & cheese OR Roasted Turkey & Rice OR Falafel Pita <b>Fresh Butternut Squash</b> Fresh Seasonal Fruit
23	24	25	26	6
Pasta w/meat sauce OR Mozzarella Sticks w/ Three Grain Pilaf OR Personal Pizza <b>Spicy Collard Greens</b> Fresh Seasonal Fruit	Chicken Fajita OR Meatball Sub OR Ham & Cheese Pockets <b>Lima Beans</b> Fresh Seasonal Fruit	Toasted Cheese Sandwich OR Cheeseburger w/ oven baked garlic fries OR Personal Pizza <b>Homemade Vegetable soup</b> Fresh Seasonal Fruit	Chicken Pattie on bun or Pizzeria Slice OR SPAGEL <b>Homemade Cream of Garbanzo Bean Soup</b> Fresh Seasonal Fruit	Roasted Turkey & Rice OR Nacho's w/meat & cheese OR Falafel Pita <b>Fresh Tomato &amp; Basil Salad</b> Fresh Seasonal Fruit
30	31	<b>Served Daily - PB &amp; Jelly</b> <b>Deli Turkey Sandwich</b> <b>Ham &amp; Cheese Sandwich</b> <b>Tuna Salad Sandwich</b> <b>Homemade Hummus Spread</b> <b>w/toasted everything bagel</b> <b>Garden Salad w/chicken or cheese</b>		<b>5 Vegetable Groups Offered Weekly</b> <ul style="list-style-type: none"> <li>• Dark Green</li> <li>• Red/Orange</li> <li>• Legumes (dried beans &amp; peas)</li> <li>• Starchy</li> <li>• Other as defined in guidelines</li> </ul>
Baked Macaroni & cheese OR Mozzarella Sticks w/garlic bread OR Personal Pizza <b>Spicy Collards</b> Fresh Seasonal Fruit	General Tso Chicken over rice OR Meatball Sub OR Ham & Cheese Pockets <b>Steamed Fresh Broccoli</b> Fresh Seasonal Fruit			This institution is an equal opportunity provider  <i>Menu is subject to change due to                  product availability or unforeseen                  circumstances</i>