



# CATSKILL HIGH / MIDDLE LUNCH MENU



## October-2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CCSD is an Equal Opportunity Provider/ Employer</p> <p><b>FREE STUDENT LUNCH</b></p>				<p><u>1</u> Homemade Pizza Plain Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk</p>
<p><u>4</u> Chicken Nuggets Whole Grain Roll Sweet Peas Chilled Diced Pears Chilled Milk</p>	<p><u>5</u> Whole Grain Macaroni w/ Meat Sauce Whole Grain Roll Green Beans Chilled Fresh Fruit Chilled Milk</p>	<p><u>6</u> Grilled Cheese Whole Grain Bread Seasoned Corn Chilled Mixed Fruit Chilled Milk</p>	<p><u>7</u> Spicy Tacos or Whole Grain Wrap Tomato, Romaine &amp; Onion Cheese, Black Beans Chilled Apple Sauce Chilled Milk</p>	<p><u>8</u> Personal Pizza Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk</p>
<p><u>11</u> Columbus Day</p>	<p><u>12</u> Hot Dog or Hamburger Whole Grain Roll/Bun Tomato, Lettuce, Pickles French Fries Chilled Applesauce Chilled Milk</p>	<p><u>13</u> Ham and Cheese Melt On Whole Grain roll Seasoned Corn Chilled Fruit Chilled Milk</p>	<p><u>14</u> Spicy Tacos or Whole Grain Wrap Tomato, Romaine &amp; Onion Cheese, Refried Beans Chilled Fruit Chilled Milk</p>	<p><u>15</u> Stuffed Crust Whole Grain Pizza Leafy Spinach Salad Chilled Fruit Chilled Milk</p>
<p><u>18</u> Chicken Patty or Parm. Whole Grain Bun Green Beans Chilled Diced Pears Chilled Milk</p>	<p><u>19</u> Chicken and Cheese Quesadilla Salsa and Sour Cream Seasoned Corn Chilled Fruit Chilled Milk</p>	<p><u>20</u> Macaroni and Cheese Whole Grain Roll Sliced Carrots Chilled Mixed Fruit Chilled Milk</p>	<p><u>21</u> Buffalo Chicken or Fajita Whole Grain Wrap Tomato, Romaine &amp; Onion Cheese Chilled Apple Sauce Chilled Milk</p>	<p><u>22</u> Homemade Pizza Plain Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk</p>
<p><u>25</u> Popcorn Chicken Whole Grain Roll Seasoned Corn Chilled Fruit Chilled Milk</p>	<p><u>26</u> Hearty Italian Meatballs on Whole Grain Roll Sliced Carrots Fresh Fruit Chilled Milk</p>	<p><u>27</u> Oven Baked Ziti Whole Grain Mozz. Sticks Whole Grain Roll Leafy Green Salad Chilled Apple Sauce Chilled Milk</p>	<p><u>28</u> Spicy Tacos or Whole Grain Wrap Tomato, Romaine &amp; Onion Cheese, Refried Beans Chilled Fruit Chilled Milk</p>	<p><u>29</u> Personal Pizza Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk</p>
<p><b>TUNA SALAD</b> On Whole Grain</p>	<p><b>BOLOGNA</b> On Whole Grain</p>	<p><b>TURKEY</b> On Whole Grain</p>	<p><b>HAM</b> On Whole Grain</p>	<p><b>PBJ</b> On Whole Grain</p>