

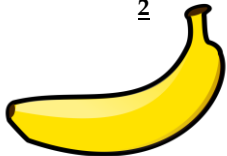





# CATSKILL HIGH / MIDDLE LUNCH MENU



## September-2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><u>1</u> CCSD is an Equal Opportunity Provider/Employer</p> <p>FREE STUDENT LUNCH</p>	
<u>5</u> LABOR DAY	<u>6</u> 	<u>7</u>	<u>8</u> Hearty Italian Meatballs on Whole Grain Roll Seasoned Corn Chilled Peaches Chilled Milk	<u>9</u> Stuffed Crust Whole Grain Pizza Leafy Spinach Salad Chilled Fruit Chilled Milk
<u>12</u> Chicken Nuggets Whole Grain Roll Sweet Peas Chilled Diced Pears Chilled Milk	<u>13</u> Hot Dog Whole Grain Roll French Fries Chilled Applesauce Chilled Milk	<u>14</u> Ham and Cheese Melt On Whole Grain roll Seasoned Corn Chilled Fruit Chilled Milk	<u>15</u> Spicy Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Refried Beans Chilled Fruit Chilled Milk	<u>16</u> Homemade Pizza Plain Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk
<u>19</u> Chicken Patty or Parm. Whole Grain Bun Seasoned Corn Tomato Juice Chilled Pineapple Chilled Milk	<u>20</u> Grilled Cheese Whole Grain Bread Green Beans Chilled Mixed Fruit Chilled Milk	<u>21</u> Oven Baked Ziti Whole Grain Mozz. Sticks Whole Grain Roll Leafy Green Salad Chilled Apple Sauce Chilled Milk	<u>22</u> Spicy Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Black Beans Fresh Fruit Chilled Milk	<u>23</u> Stuffed Crust Whole Grain Pizza Leafy Spinach Salad Chilled Fruit Chilled Milk
<u>26</u> Chicken Nuggets Whole Grain Roll Sweet Peas Chilled Diced Pears Chilled Milk	<u>27</u> Hearty Italian Meatballs on Whole Grain Roll Steamed Broccoli Chilled Fruit Chilled Milk	<u>28</u> Macaroni and Cheese Whole Grain Roll Sliced Carrots Chilled Mixed Fruit Chilled Milk	<u>29</u> Spicy Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Refried Beans Chilled Fruit Chilled Milk	<u>30</u> Homemade Pizza Plain Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk

**Interested in Part Time Cafeteria Work - Call 943-0574 ext 3452**

PBJ On Whole Grain	BOLOGNA On Whole Grain	TURKEY On Whole Grain	HAM On Whole Grain	CHEESE On Whole Grain
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