
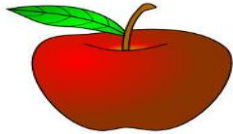
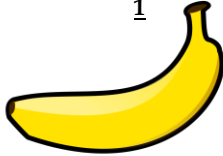




CATSKILL HIGH / MIDDLE LUNCH MENU



September-2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			CCSD is an Equal Opportunity Provider/ Employer FREE STUDENT LUNCH	¹ 
⁴ LABOR DAY	⁵ Superintendent Conference Day	⁶ Chicken Nuggets Whole Grain Roll Seasoned Corn Chilled Diced Pears Chilled Milk	⁷ Hearty Italian Meatballs on Whole Grain Roll Green Beans Chilled Fruit Chilled Milk	⁸ Stuffed Crust Whole Grain Pizza Leafy Spinach Salad Chilled Fruit Chilled Milk
¹¹ Chicken Patty or Parm. Whole Grain Bun Seasoned Corn Tomato Juice Chilled Diced Pears Chilled Milk	¹² Hot Dog Whole Grain Roll French Fries Chilled Applesauce Chilled Milk	¹³ Grilled Cheese or Ham and Cheese Melt On Whole Grain Seasoned Corn Chilled Fruit Chilled Milk	¹⁴ Spicy Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Refried Beans Chilled Fruit Chilled Milk	¹⁵ Homemade Pizza Plain Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk
¹⁸ Chicken Nuggets Whole Grain Roll Seasoned Corn Chilled Diced Pears Chilled Milk	¹⁹ Hamburger or Cheeseburger W.G. Bun, Fries Lettuce, Pickles, Onions Chilled Mixed Fruit Chilled Milk	²⁰ Oven Baked Ziti Whole Grain Mozz. Sticks Whole Grain Roll Leafy Green Salad Chilled Apple Sauce Chilled Milk	²¹ Spicy Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Black Beans Chilled Fresh Fruit Chilled Milk	²² Personal Round Pizza Whole Grain Pizza Leafy Spinach Salad Chilled Fruit Chilled Milk
²⁵ Popcorn Chicken Whole Grain Roll Sweet Peas Fresh Fruit Chilled Milk	²⁶ Hearty Italian Meatballs on Whole Grain Roll Seasoned Corn Chilled Fruit Chilled Milk	²⁷ Macaroni and Cheese Whole Grain Roll Sliced Carrots Chilled Mixed Fruit Chilled Milk	²⁸ Spicy Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Refried Beans Chilled Fruit Chilled Milk	²⁹ Homemade Pizza Plain Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk

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

TUNA On Whole Grain	BOLOGNA On Whole Grain	TURKEY On Whole Grain	HAM On Whole Grain	PBJ On Whole Grain
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