Daily Entrée Options:
Asst Deli Sandwiches
Uncrustable Kit W/String Cheese
Chicken Ceasar Salad
Crispy Chicken Salad

MENU

MS/HS LUNCH

Harvest of the Month
NY Apples
October 14th

NY FOOD DAYS

OCTOBER

			White Cheddar Macaroni & Cheese Roasted Turkey Medallions Garlic Toast Fresh Grape Tomatoes **1**	Pizza Slice (Cheese or Pepperoni) NY Peas & Carrots Side Salad **2**
Grilled Cheese Tomato Soup Glazed Roasted Carrots NY Yogurt w/Granola Fresh Veggie **5**	Beef Nachos Salsa & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Tex Mex Beans **6**	Oven Roasted Chicken (Plain or BBQ) Crispy Potato Wedges Broccoli Florets Chocolate Chip Cookie **7**	Rotini with Meaty Marinara Sauce Garlic Toast Fresh Baby Carrots **8**	Pizza Slice (Cheese or Pepperoni) Pizza Green Beans Side Salad **9**
No School Columbus/ Indigenous Peoples Day **12**	Crispy Chicken Tenders with assorted dipping sauces Seasoned Curly Fries Mango Peach Applesauce NY Apple Pie **13**	Cheeseburger NY Breaded Onion Rings Tangy Cucumber Salad Fresh NY Apple or Juice **14**	Macaroni & Cheese W/Buffalo Chicken Garlic Breadstick Parmesan Peas Fresh Grape Tomatoes **15**	Pizza Slice (Cheese or Pepperoni) NY Peas & Carrots Side Salad **16**
French Fry Bar w/Pulled Chicken Warm Garlic Knot NY String Cheese Baby Carrots **19**	Breakfast for Lunch (French Toast Sticks and Breakfast Sausage) Home Fries/ Peppers & Onions Sunrise Juice Cup & Syrup **20**	BBQ Pulled Pork on Kaiser Au Gratin Potatoes Coleslaw & Grape Tomatoes Chocolate Chip Cookie **21**	Teriyaki Chicken Vegetable Fried Rice Sesame Broccoli Fortune Cookie **22**	Pizza Slice (Cheese or Pepperoni) Pizza Green Beans Side Salad **23**
Popcorn Chicken Bowl Dinner Roll Sweet Yellow Corn Fresh Veggie Cherry Emoji Slushie **26**	BYO Burrito Bowl w/Cilantro Lime Rice Guacamole, Black Olives, Jalapenos Salsa, Sour Cream Veggie Pinto Beans Rainbow Pepper Sticks **27**	Crispy Chicken Sandwich Special Sauce Lettuce, Tomato, Onion, & Pickles Seasoned Waffle Fries Cucumber & Tomato Salad **28**	Gen Tso Chicken Fried Rice & Veg Egg Roll Fresh Grape Tomatoes Fortune Cookie **29**	Pizza Slice (Cheese or Pepperoni) NY Peas & Carrots Side Salad Halloween Dirt Pudding Cup **30**

NY Tortilla Tasting This Week!

View Menus Online

linqconnect.com

Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.
Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and white or flavored milk.

In collaboration with CAPITAL REGION BOCES SHARED FOOD SERVICE PROGRAM

CATSKILL CENTRAL SCHOOL DISTRICT
Community / Achievement / Talent / Success



This institution is an equal opportunity provider.