

STUDENT LUNCH

Grades K-5 \$2.50

Grades 6-12 \$3.00

ALA CARTE' \$2.25

MILK

**ICHABOD CRANE
HOME OF THE RIDERS
LUNCH MENU FOR SEPTEMBER 2017
MIDDLE and ELEMENTARY SCHOOLS**

4th -8th grades

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>September 5 Italian Cheese Pizza Green Beans Chilled & fresh fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 6 Hot Dog on a bun French Fries Vegetarian Beans Chilled & Fresh Fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 7 French Toast Sticks with Syrup Sausage or Egg Patty Fresh Baby Carrots Chilled & Fresh Fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 8 Chicken Nuggets Brown Rice Broccoli</p> <p>Chilled & Fresh fruit Assorted Skim & 1% Milk</p>
<p>September 11 Italian Cheese Pizza Broccoli Chilled & Fresh fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 12 Pasta with Meat Sauce Green Beans Bread & Butter Chilled & Fresh fruit</p> <p>Assorted skim or 1% milk</p>	<p>Deli Day September 13 Turkey or Ham w/Cheese 4 Bean Salad Lettuce, tomato, Chips chilled & fresh fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 14 Grilled Cheese Tomato/Chicken Noodle Soup Peas & Carrots Chilled & Fresh Fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 15 Chicken Patty on a Bun Lettuce, Tomato Tator Tots Chilled & Fresh Fruit</p> <p>Assorted skim or 1%</p>
<p>September 18 Italian Cheese Pizza California Blend Chilled & Fresh fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 19 Chicken Caesar Wrap Romaine Lettuce Potato Chips Baby carrots Chilled & Fresh fruit</p> <p>Assorted skim or 1% Milk</p>	<p>Taco Salad September 20 Spicy Beef Tortilla Chips Refried Beans Lettuce, tomato, cheese Salsa, Corn Chilled & fresh fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 21 Hamburger or CH Burger on a Bun Lettuce, tomato French Fries chilled & fresh fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 22 General Tso Chicken Brown Rice Broccoli Chilled & fresh fruit</p> <p>Assorted skim or 1% Milk</p>
<p>September 25 Italian Cheese Pizza Broccoli Chilled & Fresh Fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 26 Meatball Subs Potato Chips baby carrots Chilled & Fresh fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 27 Chicken Queso Pizza or Burrito Salsa, Sour Cream Corn Chilled & fresh fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 28 Fish Sticks Macaroni & Cheese Green Beans Chilled & Fresh Fruit</p> <p>Assorted skim or 1% Milk</p>	<p>September 29 Chicken Nuggets Smiley Fries Carrots Chilled & Fresh Fruit</p> <p>Assorted skim or 1% Milk</p>
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