

ALA CARTE' \$3.00
MILK \$2.50
ICE CREAM \$0.50
\$0.60

**ICHABOD CRANE
HOME OF THE RIDERS
LUNCH MENU FOR OCTOBER 2018
HIGH SCHOOL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 1 Chicken Patty on a Bun Smile Fries chilled & fresh fruit Assorted Skim & 1% Milk	October 2 Chicken Queso Pizza Corn Sour Cream Salsa Guacamole chilled and fresh fruit Assorted Skim & 1 % Milk	October 3 Meatball Sub Chips Fresh Carrots chilled and fresh fruit Assorted skim or 1% Milk	October 4 Italian Pizza Green Salad chilled & fresh fruit Assorted Skim & 1 % Milk	October 5 Conference day NO SCHOOL
October 8 COLUMBUS DAY NO SCHOOL	October 9 General Tso Chicken Fried rice Vegetable Eggroll chilled and fresh fruit Assorted Skim & 1 % Milk	October 10 Hot Dog on a Bun Mac & Cheese Baked Beans chilled and fresh fruit Assorted skim or 1% Milk	October 11 Brunch For Lunch French Toast Sticks Cheese Omelet Sausage chilled & fresh fruit Assorted Skim & 1% Milk	October 12 Italian Pizza Green Salad Chilled & Fresh Fruit chilled & fresh fruit Asst. Skim & 1% Milk
October 15 Chicken Nuggets Rice Green Beans chilled & fresh fruit Assorted Skim & 1% Milk	October 16 Taco Casserole Corn Sour Cream Salsa chilled and fresh fruit Assorted Skim & 1 % Milk	October 17 Crispy Chicken Caesar Wrap Potato Chips chilled and fresh fruit Assorted skim or 1% Milk	October 18 Hamburger or Ch. Burger Macaroni Salad Lettuce & Tomato chilled & fresh fruit Assorted skim & 1% milk	October 19 Italian Pizza Green Salad chilled & fresh fruit Assorted Skim & 1% Milk
October 22 Chicken Tenders French Fries chilled & fresh fruit Assorted Skim & 1% Milk	Taco Tuesday October 23 Spicy Beef, Tortilla Chips Refried Beans Corn, Salsa Lettuce, Cheese chilled and fresh fruit Assorted Skim & 1 % Milk	October 24 Sub Day Pasta Salad Potato Chips chilled and fresh fruit Assorted skim or 1% Milk	October 25 Pasta & Meat Sauce Green Beans Garlic bread chilled & fresh fruit Assorted skim & 1% milk	October 26 Italian Pizza Green Salad chilled & fresh fruit Assorted Skim & 1% Milk
October 29 Chicken Nuggets Rice Glazed Carrots chilled & fresh fruit Assorted Skim & 1% Milk	October 30 Chicken Queso Pizza Corn Sour Cream , Salsa & Guacamole chilled and fresh fruit Assorted Skim & 1 % Milk	October 31 Grilled Cheese Tomato or Chicken Soup 3 Bean Salad chilled and fresh fruit Assorted skim or 1% Milk		

Find our Menus at
www.ichabodcrane.org

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AND EMPLOYER**