

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 OCTOBER 2018
MIDDLE SCHOOL
4th -8th grades**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>October 1 Italian Cheese Pizza California Blend</p> <p>chilled & fresh fruit Assorted Skim & 1% Milk</p>	<p>October 2 Grilled Cheese Tomato or Chicken Noodle Soup 3 Bean Salad</p> <p>chilled and fresh fruit Assorted Skim & 1 % Milk</p>	<p>October 3 Meatball Subs Potato Chips Fresh Baby Carrots</p> <p>chilled and fresh fruit Assorted skim or 1% Milk</p>	<p>October 4 Chicken Nuggets Brown Rice Glazed Carrots</p> <p>chilled & fresh fruit Assorted skim & 1% milk</p>	<p>October 5 Conference Day No School</p>
<p>October 8 No School Columbus Day</p>	<p>October 9 Headless Horseman Pizza Broccoli</p> <p>chilled & fresh fruit Assorted skim or 1% milk</p>	<p>October 10 Hot Dogs on a Bun French Fries Vegetarian Beans</p> <p>chilled & fresh fruit Assorted skim or 1% Milk</p>	<p>October 11 Pasta with Meat Sauce Green Beans Bread & Butter</p> <p>chilled & fresh fruit Assorted skim or 1% Milk</p>	<p>October 12 Chicken Tenders Tater Tots Carrots & Celery</p> <p>Chilled & Fresh Fruit Assorted skim or 1% Milk</p>
<p>October 15 Stuffed Crust Pizza Green Beans</p> <p>chilled and fresh fruit Assorted skim or 1% Milk</p>	<p>October 16 Hamburger or CH Burger on a Bun Lettuce, Tomato French Fries</p> <p>chilled and fresh fruit Assorted skim or 1% Milk</p>	<p>DELI DAY October 17 Ham or Turkey w/Cheese Lettuce, Tomato Chips</p> <p>Tomato & Cucumber Salad chilled and fresh fruit Assorted skim or 1% Milk</p>	<p>Brunch For Lunch October 18 French Toast Sticks Sausage or Egg Patty Syrup Fresh Baby carrots</p> <p>chilled and fresh fruit Assorted skim or 1% Milk</p>	<p>October 19 General Tso Chicken brown rice egg roll steamed broccoli</p> <p>chilled and fresh fruit Assorted skim or 1% Milk</p>
<p>October 22 Italian Cheese Pizza Pizza Broccoli</p> <p>chilled & fresh fruit Assorted Skim or 1% Milk</p>	<p>October 23 Fish Sticks Macaroni & Cheese Green Beans</p> <p>chilled and fresh fruit Assorted skim or 1% Milk</p>	<p>Taco Day October 24 Spicy Beef, Tortilla Chips Refried Beans Corn, Salsa Lettuce Cheese</p> <p>chilled and fresh fruit Assorted skim or 1% Milk</p>	<p>October 25 Mozzarella Sticks Marinara Sauce Caesar Salad</p> <p>chilled and fresh fruit Assorted skim or 1% Milk</p>	<p>October 26 Chicken Patty On a Bun Lettuce, Tomato, Cheese Tater Tots</p> <p>chilled and fresh fruit assorted skim or 1% milk</p>
<p>October 29 Italian Cheese Pizza Broccoli</p> <p>chilled & fresh fruit Assorted Skim & 1% Milk</p>	<p>October 30 Crispy Chicken Caesar Wrap Potato Chips</p> <p>chilled and fresh fruit Assorted Skim & 1 % Milk</p>	<p>October 31 Chicken Queso Pizza or Burrito Salsa, Sour Cream Corn</p> <p>chilled and fresh fruit Assorted skim or 1% Milk</p>		

Find our Menus at

www.ichabodcrane.org

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AND EMPLOYER**