

				<b>Superintendent's Day</b> <b>No Students</b>  <b>1</b>
<b>Strawberry Bagel Bites</b> <b>Fresh /Cupped Fruit</b> <b>Chilled Milk</b>  <b>4</b>	<b>Cheese Omelet</b> <b>Whole Wheat Bread</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>5</b>	<b>Warm Bagel &amp; Cream Cheese</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>6</b>	<b>Mini Pancakes</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>7</b>	<b>Pancake Sausage Wrap</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>8</b>
<b>No School</b> <b>Veteran's Day</b>  <b>11</b>	<b>Toasted English Muffin with</b> <b>Butter &amp; Jelly</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>12</b>	<b>French Toast Sticks</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>13</b>	<b>Egg Patty and</b> <b>1/2 English Muffin</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>14</b>	<b>Warm 4 oz. Blueberry Muffin</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>15</b>
<b>Breakfast Pizza</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>18</b>	<b>Strawberry Biscuit Shortcake</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>19</b>	<b>Warm Bagel &amp; Cream Cheese</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>20</b>	<b>Warm Cinnamon Swirl</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>21</b>	<b>Dutch Waffle</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>22</b>
<b>Mini Pancakes</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>25</b>	<b>Cornbread Bites</b> <b>Fresh/Cupped Fruit</b> <b>Chilled Milk</b>  <b>26</b>	<b>Thanksgiving Break</b> <b>No School</b>  <b>27</b>	<b>Thanksgiving Break</b> <b>No School</b>  <b>28</b>	<b>Thanksgiving Break</b> <b>No School</b>  <b>29</b>

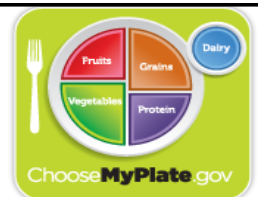
If your child has an allergy please notify the school nurse. Lactose allergies must be documented by a health care professional.  
 If you have any questions or concerns please contact Cindy Yonkers, Food Service Director at 518-360-6152.

Menu subject to change without notice

An 8oz milk is offered with each meal.

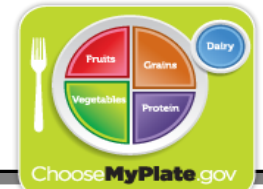
Fat free white, 1% white and fat free chocolate milk offered at lunch. Fresh Fruit offered daily.

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				<p>Superintendent's Day No Students</p> <p>1</p>
<p>Cheesy Breadsticks &amp; Sauce Seasoned Broccoli Applesauce Cup Chilled Milk</p> <p>4</p>	<p>Rasta Chicken over Rice Cooked Carrots Mixed Fruit Chilled Milk</p> <p>5</p>	<p>Beef Chili &amp; Cornbread Street Corn Salad Fresh Grapes Chilled Milk</p> <p>6</p>	<p>Soft Turkey Tacos Chili Black Beans Diced Peaches Chilled Milk</p> <p>7</p>	<p>Crispy Chicken Sandwich Cucumber Slices Fresh Pear Chilled Milk</p> <p>8</p>
<p>No School Veteran's Day</p> <p>11</p>	<p>BBQ Chicken on a Bun Jerk Potato Wedges Fresh Apple Chilled Milk</p> <p>12</p>	<p>Meatballs Sub Garlicky Green Beans Diced Peaches Chilled Milk</p> <p>13</p>	<p>Turkey Pepperoni Pizza Ranch Chopped Salad Diced Pears Chilled Milk</p> <p>14</p>	<p>Chicken Nuggets Carrotinis Dried Tart Cherries Chilled Milk</p> <p>15</p>
<p>Mozzarella Sticks &amp; Sauce Yummy Corn Mixed Fruit Chilled Milk</p> <p>18</p>	<p>Cheesy Salsa Chicken With Cornbread Cajun Red Beans Mandarin Oranges Chilled Milk</p> <p>19</p>	<p>Turkey Hot Dog on a Bun Cinnamon Butternut Squash Pineapple Tidbits Chilled Milk</p> <p>20</p>	<p>Cheesy Croissant Smoky Collard Greens Diced Peaches Chilled Milk</p> <p>21</p>	<p>Veggie Pizza Celery Sticks Craisins Chilled Milk</p> <p>22</p>
<p>Chicken Corn Dog BBQ Baked Beans Diced Pears Chilled Milk</p> <p>25</p>	<p>Turkey &amp; Gravy/ww Bread Seasoned Sweet Potatoes Applesauce Cup Chilled Milk</p> <p>26</p>	<p>Thanksgiving Break No School</p> <p>27</p>	<p>Thanksgiving Break No School</p> <p>28</p>	<p>Thanksgiving Break No school</p> <p>29</p>

If your child has an allergy please notify the school nurse. Lactose allergies must be documented by a health care professional.  
 If you have any questions or concerns please contact Cindy Yonkers, Food Service Director at 518-360-6152.  
 Menu subject to change without notice Chef Salad offered daily. A cold alternate entrée is offered on full school days.  
 An 8 oz. fat free white, 1% white and fat free chocolate milk offered at lunch. Fresh Fruit offered daily.  
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				<b>Superintendent's Day</b> <b>No Students</b>  <b>1</b>
<b>Strawberry Cereal Bar</b> <b>Fresh Apple</b>  <b>4</b>	<b>Ranch Rice Crisp</b> <b>Fresh Pear</b>  <b>5</b>	<b>Giant Goldfish</b> <b>Orange</b>  <b>6</b>	<b>Tiger Bites</b> <b>String Cheese Stick</b>  <b>7</b>	<b>No Snack</b> <b>Half Day</b>  <b>8</b>
<b>No School</b> <b>Veteran's Day</b>  <b>11</b>	<b>Cheezits</b> <b>String Cheese Stick</b>  <b>12</b>	<b>Doritos</b> <b>Dried Tart Cherries</b>  <b>13</b>	<b>No Snack</b> <b>Half Day</b>  <b>14</b>	<b>No Snack</b> <b>Half Day</b>  <b>15</b>
<b>Pop Tart</b> <b>Fresh Apple</b>  <b>18</b>	<b>Cheddar Bunnies</b> <b>Fresh Pear</b>  <b>19</b>	<b>Scooby Snacks</b> <b>Orange</b>  <b>20</b>	<b>2 oz. Apple Muffin</b> <b>String Cheese Stick</b>  <b>21</b>	<b>No Snack</b> <b>Half Day</b>  <b>22</b>
<b>Cinnamon Toast Crunch</b> <b>Cereal Bar</b> <b>Fresh Apple</b>  <b>25</b>	<b>Chocolate Oatmeal Bar</b> <b>Craisins</b>  <b>26</b>	<b>Thanksgiving Break</b> <b>No School</b>  <b>27</b>	<b>Thanksgiving Break</b> <b>No School</b>  <b>28</b>	<b>Thanksgiving Break</b> <b>No School</b>  <b>29</b>

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**If you have any questions or concerns please contact Cindy Yonkers, Food Service Director at 518-360-6152.**

**Menu subject to change without notice**

**An 8oz milk is offered with each meal.**

**Fat free white, 1% white and fat free chocolate milk offered at lunch. Fresh Fruit offered daily.**

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