

OCTOBER 2023

SOUTH COLONIE MIDDLE SCHOOLS

Full Lunch: \$3.50
 Reduced Lunch: \$0.00
 Milk: \$0.75

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger or Cheeseburger on a Bun Oven Baked Fries Green Beans Variety of fruit Milk 2	Uncle Ricco's Pizza 3 Cheese or Buffalo Chicken Corn Variety of fruit Milk	Turkey Hotdog on a Roll 4 Tatar Tots BBQ Baked Beans Variety of Fruit Milk	Macaroni and Cheese 5 Broccoli WW Dinner roll Variety of fruit Milk	No School 6 Professional Development Day
No School 9 Columbus Day	Uncle Ricco's Pizza 10 Cheese or BBQ Chicken Carrots Variety of fruit Milk	Chicken Patty on a Bun 11 Sweet Potato Fries Green Beans Variety of Fruit Milk	Cheese Filled Breadsticks 12 w/ Tomato dipping sauce Garden Salad w/ dressing Variety of fruit Milk	Crispy Chicken Ranch 13 Tacos (popcorn chicken, Ranch dressing, cheddar cheese, soft taco shell) Corn, Black beans Variety of Fruit, Milk
Chicken Nuggets 16 Waffle Fries Roasted Broccoli Variety of fruit Milk	Uncle Ricco's Pizza 17 Cheese or Veggie Peas Variety of fruit Milk	Brunch for Lunch 18 French Toast w/ syrup Turkey sausage links Tatar Tots Variety of fruit, Milk	Tomato Soup w/ crackers 19 Toasted Cheese Sandwich Fresh vegetables & Dip Variety of fruit Milk	Nacho Taco Day 20 (Chips or soft taco shell) Meat sauce, cheese, Salsa, Sour Cream) Corn, Black Beans Variety of fruit, Milk
Teriyaki Chicken 23 Fluffy Rice Broccoli Variety of fruit Milk	Uncle Ricco's Pizza 24 Cheese or Buffalo Chicken Sliced Carrots Variety of fruit Milk	Cheeseburger on a bun 25 Spicy burger sauce, lettuce Seasoned Diced Potato Baked beans Variety of fruit Milk	Popcorn Chicken 26 Mashed Potato w/ gravy Corn WW Dinner Roll Variety of fruit, Milk	Penne Pasta 27 w/ Meatballs & Sauce Garden Salad Bread stick Variety of fruit, Milk
Turkey Hot dog on a bun 30 Oven Baked Fries Corn Variety of fruit Milk	Uncle Ricco's Pizza 31 Cheese or BBQ Chicken Green Beans Variety of fruit Milk			

Available Daily: Fat Free White and Chocolate Milk, 1 % White Milk
 Assorted Wraps, Sandwiches and Garden Salad available daily. Grab & Go Hummus Meal
 MENU SUBJECT TO CHANGE WITHOUT NOTICE
 This institution is an equal opportunity provider.