

~SEPTEMBER 2017~
CANAJOHARIE HIGH SCHOOL: GRADE 9-12: LUNCH
ALL STUDENTS EAT BREAKFAST AND LUNCH FOR FREE!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Office of Child Nutrition: 673-6346						MENU SUBJECT TO CHANGE WITHOUT NOTICE			
4		5		6 PICNIC DAY		7		8	
SCHOOL CLOSED		NO SCHOOL		Hot Dogs		Chicken Patty Club		Assorted Pizza	
LABOR DAY		Superintendent's		Pasta Salad		Baked Lays Chips		Mini Pretzels	
		Conference Day		Baked Beans (BL)		Carrot sticks w/dip(RO)		Celery Sticks w/dip (O)	
				Watermelon		Applesauce		Diced Peaches	
				Italian Ice					
11		12		13		14 PICNIC THURSDAY		15	
Chicken Nuggets		Chickn Bacon Ranch Sub		Turkey Club		Cheeseburger		Jumbo Cheese Ravioli	
Garlic Potatoes (S)		Cheese Crackers		Multi Grain Sun Chips		Baked Lays Chips		WW Dinner Roll	
Seasoned Corn (S)		Green Beans (O)		Carrot Sticks w/dip(RO)		Baked Beans (BL)		Tossed Salad (DG)	
Diced Pears		Fresh Fruit		Mandarin Oranges		Watermelon		Applesauce	
18 BUILD YOUR OWN		19		20 SUB SHOP DAY		21 PICNIC THURSDAY		22 NEW!	
BYO Pasta Bowl		Chicken Patty w/Bun or		Assorted Deli Subs		Stuffed CB Melt		Taco Pizza or	
Breaded Mozz Sticks		Fish Patty w/Bun		Baked Lays Chips		Macaroni Salad		Chicken BBQ Pizza	
Cooked Carrots (RO)		Tater Tots (S)		Carrot Sticks w/dip(RO)		Baked Beans (BL)		Steamed Broccoli (DG)	
Fruit Cocktail		Seasoned Corn (S)		Farm Fresh Apple		Grapes		Mandarin Oranges	
		Tropical Fruit Mix		Cookie				Pudding w/topping	
25 ASIAN FEAST		26 TACO TUESDAY		27 NEW!		28 PICNIC THURSDAY		29	
Cherry Blossom Chickn		Tacos w/fresh toppings		Hot Italian Cheese or		BLT Sandwich		Chicken Parmesan	
Or General Tso's Ckn		Cheese stick		Pepperoni Croissant		Multi Grain Sun Chips		Parmesan Pasta	
Rice & Baby Corn Ears(S)		Mini Cornbread Muffin		Cheese Crackers		Tossed Salad (DG)		Steamed Broccoli (DG)	
Tropical Fruit		Black Beans (BL)		Veggie Sticks w/dip (O)		Jello & Fruit Salad		Apple Slices w/cinnamon	
Fortune Cookie		Fresh Fruit		Applesauce					
<i>Daily Alternates:</i>		<i>Low Fat and Fat Free</i>		<i>Vegetable Subgroups:</i>					
<i>PB&J</i>		<i>Milk served Daily</i>		<i>RO: Red Orange</i>					
<i>Yogurt w/grain</i>				<i>DG: Dark Green</i>					
				<i>S: Starchy O: Other</i>					
				<i>BL: Bean/Legume</i>					

- ✓ Enjoy a 'picnic style' lunch each Thursday this month!
- ✓ All students may eat breakfast and lunch for free! No applications or information required.
- ✓ This institution and the USDA are equal opportunity providers.