

# Unatego Elementary Lunch Menu



# October 2018

## InSeason! Pumpkins

Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.

Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Cheese Ravioli w/ Marinara Sauce Garlic Toast Green Beans Egg Salad Sandwich	02 Loaded Taco w/ Meat & Cheese Golden Corn Refried Beans Whole Grain Rice Tuna Sandwich	03 Turkey & Cheese Sub Sweet Potato Fries Seasoned Carrots	04 Crispy Chicken On Whole Grain Roll French Fries Golden Corn Ham & Cheese Sub	05 <b>No School</b>
08 <b>No School</b> Columbus Day	09 Loaded Nachos w/ Meat Or Chicken Salsa & Cheese Golden Corn Tuna Sandwich	10 Chicken Cordon Blue Or Chicken Patty On Whole Grain Roll Potato Wedges Seasoned Carrots Turkey & Cheese Sub	11 <del>NY Thursdays:</del> Cheeseburger On Whole Grain Roll French Fries Green Beans Ham & Cheese Sub	12 Bagel Pizza Cheesy Bread Romaine Salad w/ Tomatoes & Fresh Cucumbers PB&J Sandwich
15 Grilled Cheese w/ Tomato Soup Seasoned Carrots Egg Salad Sandwich	16 Taco Salad w/ Meat or Chicken & Cheese Golden Corn Tuna Sandwich	17 Chicken Tenders Cheesy French Fries Green beans Turkey & Cheese Sub	18 <del>NY Thursdays:</del> Chicken Drumsticks Potato Salad Roasted Broccoli Ham & Cheese Sub	19 Assorted Classic Pizza Romaine Salad w/ Tomatoes, Fresh Cucumbers PB&J Sandwich
22 Penne Alfredo w/ Broccoli Dinner Roll Egg Salad Sandwich	23 Fiesta Rice Bowl w/ Chicken, Tomatoes & Mexican Corn Black Beans Tuna Sandwich	24 Teriyaki Chicken Breast Macaroni Salad Carrot Coins Turkey & Cheese Sub	25 <del>NY Thursdays:</del> Pulled Pork Sandwich On Whole Grain Roll Coleslaw Brussel Sprouts Ham & Cheese Sub	26 Assorted Flat Bread Pizza Romaine Salad w/ Tomatoes & Fresh Cucumbers PB&J Sandwich
29 Homemade Macaroni & Cheese Dinner Roll Green Peas Egg Salad Sandwich	30 Loaded Nachos w/ Meat Or Chicken Salsa & Cheese Golden Corn Tuna Sandwich	31 Ultimate Chicken Bowl Popcorn Chicken Mashed Potatoes, Gravy, Corn & Cheese Turkey & Cheese Sub		

## Announcements

**Available Daily:**  
Canned Fruit, Fresh Fruit,  
Fresh Veggie, Hot Veggie  
of the Day  
May Choose up to two (2)  
**Milk Choices:**  
1% White, Skim White,  
Skim Chocolate, & Skim  
Strawberry (when available)  
**Daily Choices:**  
Sandwich of the Day  
PB&J  
Yogurt Plate

**Menu subject to change  
without notice**  
"USDA is an equal opportunity  
provider and employer."

## Meal Prices

Unatego Central School is pleased to announce that for the 2018-2019 school year, the district will provide school meals (Breakfast & Lunch) to all students @ No cost. This is made possible through the Federal Community Eligibility Provision. Please return CEP Application for other school programs.