

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

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
Daily Choices:
 Sandwich of the Day
 PB&J
 Yogurt Parfaits
 Fruit Smoothies
 Garden Salad
**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.