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# OCTOBER 2023

## Unatego MS-HS Lunch

Breakfast and Lunch will be served at NO COST to students for the 23/24 school year!

Menu subject to change without notice

### Monday

French Toast Sticks **2**  
Breakfast Sausage  
Glazed Carrots

No School **9**



World Food Day **16**  
Rodeo Cheeseburger  
Tater Tots  
Baked Beans

Buffalo Chicken **23**  
Wing Dip  
W/ Tortilla chips  
Carrots

Italian Sub Melt **30**  
Pasta Salad  
Roasted Cauliflower

### Tuesday

Chicken Spiedies on Bun **3**  
Spinach & Strawberry  
Salad  
Broccoli

New Item! **10**  
Buffalo Turkey-Meatballs  
w/Ranch Rice, WG Roll  
Carrots

National Pasta Day **17**  
Rotini W/Meatballs  
Garlic Toast  
Peas

Tacos **24**  
W/Meat, Cheese, Sour  
Cream, & Salsa  
Refried Beans  
Corn

Grave Robbin' **31**  
Grilled Cheese  
Sandwich  
Or Terrorizing Tuna Melt  
Dracula's Soup  
Halloween Dessert

### Wednesday

National Taco Day **4**  
Tacos  
W/Meat, Cheese, Sour  
Cream, & Salsa  
Refried Beans

Chili Cheese Dog or **11**  
Hot Dog on a Bun  
French Fries

Chicken Tenders **18**  
French Fries  
WG Roll  
Corn

Ultimate Chicken Bowl **15**  
WG Roll  
Corn

### Thursday

**\*\*NY Thursday\*\*** **5**  
NY Burger Bake (Ground  
beef, pasta, cheese)  
NY Corn  
NY Salad  
NY Fresh Apple, NY Milk

Hot Honey Chicken **12**  
Cheddar Croissants  
Tater Tots  
Coleslaw

**\*\*NY Thursday\*\*** **19**  
NY Chicken Mac & Cheese  
Garlic Bread Stick (non-NY)  
NY Carrot Sticks  
NY Apple Slices, NY Milk

Chicken & Biscuits **26**  
Roasted Broccoli

### Friday

Staff Development Day **6**  
No School

Pepperoni or **13**  
Three Cheese Roll  
W/Dipping Sauce  
Romaine Salad  
w/tomatoes and  
cucumbers

Assorted Classic **20**  
Pizza  
Romaine Salad  
w/tomatoes and  
cucumbers

Pepperoni or Three **27**  
Cheese Roll  
W/Dipping Sauce  
Romaine Salad  
w/tomatoes and  
cucumbers

**Available Daily:** Canned fruit, fresh fruit, fresh veggie, hot veggie of the day.

PB&J, Yogurt Plate, Sandwich of the Day,  
(Specialty Salads, Yogurt Parfaits & Salad Bar MS/HS only)

**Milk Choices:** 1% White, FF Chocolate

**NY Food Vendors:**

Ground Beef: **Slate Foods, NY, NY**

Milk: **Upstate Farms, NYS**

Potatoes & Corn: **Catskill Cattle, Deposit, NY**

Apples: **Headwater Food Hub, Ontario, NY**