



# SEPTEMBER 2024

## Unatego MS-HS Lunch Menu

Breakfast and Lunch will be served at NO COST to students for the 24/25 school year!  
Menu subject to change without notice.  
Allergen information for menu items is available, ask an employee for details.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Labor Day No School</p>	<p><b>3</b></p> <p>Superintendent Day No School</p>	<p><b>4</b></p> <p>Superintendent Day No School</p>	<p><b>5</b></p> <p>Chicken Patty or Cordon Blue Chicken Patty on a Bun French Fries Green Beans</p>	<p><b>6</b></p> <p>Assorted Pizza Romaine Salad W/Tomatoes &amp; Cucumbers</p>
<p><b>9</b></p> <p>Grilled Cheese &amp; Tomato Soup</p>	<p><b>10</b></p> <p>Nachos W/Meat, Cheese, Salsa, &amp; Sour Cream Refried Beans</p>	<p><b>11</b></p> <p>Chicken Bowl Popcorn Chicken Mashed Potatoes &amp; Gravy, Cheese WG Roll Corn</p>	<p><b>12</b></p> <p>Pasta &amp; Meatballs Oven Roasted Garlic Parmesan Brussels Sprouts WG Roll</p>	<p><b>13</b></p> <p>Pepperoni or Three Cheese Roll W/Dipping Sauce Spinach &amp; Strawberry Salad</p>
<p><b>16</b></p> <p>Buffalo Chicken Dip W/Tortilla Chips Carrot &amp; Celery Sticks</p>	<p><b>17</b></p> <p>Tacos- Hard or Soft shell W/Meat, Cheese, Salsa, &amp; Sour Cream Refried Beans</p>	<p><b>18</b></p> <p><i>National</i> <b><u>Cheeseburger Day!</u></b> Cheeseburger On A Bun Tater Tots Baked Beans</p>	<p><b>19</b></p> <p><i>NY Thursday</i> NY Hot Dog On A Bun NY Tomato &amp; Cucumber Salad NY Mexican Street Corn NY Potato Chips NY Apple, NY Milk</p>	<p><b>20</b></p> <p>Assorted Pizza Romaine Salad W/Tomatoes &amp; Cucumbers</p>
<p><b>23</b></p> <p>Chicken Tenders Mashed Potatoes W/Gravy Green Beans WG Roll</p>	<p><b>24</b></p> <p>French Toast Sticks Sausage links Carrots</p>	<p><b>25</b></p> <p><i>National</i> <b><u>Quesadilla Day!</u></b> Chicken &amp; Cheese Quesadillas Ranch Rice Roasted Peppers &amp; Onions</p>	<p><b>26</b></p> <p><i>NY Thursday</i> NY Roast Beef &amp; Cheddar Melt NY Salt Potatoes NY Buffalo Roasted Cauliflower NY Apple, NY Milk</p>	<p><b>27</b></p> <p>Pepperoni or Three Cheese Roll Romaine Salad W/Tomatoes &amp; Cucumbers Roasted Chickpeas</p>
<p><b>30</b></p> <p>Macaroni &amp; Cheese WG Roll Broccoli</p>				



**NY Food Vendors**

Hot Dogs: **NY Sabrett's, Ginsberg Foods**  
Chips: **Ginsberg Foods**  
Tomatoes, Cucumbers, Corn: **Catskill Cattle Company, Deposit, NY**  
Roast Beef: **Slate Foods, NY, NY**  
Potatoes: **Morning Star Poultry, Fort Plain, NY**  
Cauliflower: **Catskill Cattle Company, Deposit, NY**  
Milk: **Upstate Farms, NYS**  
Apples: **NYS**

**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

