

October 2020

ES - What's For Lunch Today?

Monday	Tuesday	Wednesday	Thursday	Friday
<p>M/ma=Meat/ Meat Alternative WG=Whole Grain WW=Whole Wheat RF=Reduced Fat FF=Fat Free RS=Reduced Sodium R/O=Red/Orange Veggie G=Dark Green Veggie B/P=Beans/Peas S=Starchy O=Other</p>	<p>Duanesburg CSD 133 School Drive Delanson, NY 12053 www.duanesburg.org ES-518-895-2580 JR/SR HS-518-895-3000 CO-518-895-2279</p>		<p>1 Breakfast Choices WG Chicken Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie B/P Baked Beans 3/4 cup Fresh Fruit or Berry Cup</p>	<p>2 Breakfast Choices WG/RF Cheese Pizza 2 oz. or WG Chicken Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>5 Breakfast Choices Beef Burger 2 oz. Cheese .5 oz. WW Roll 1.89 oz. 3/4 cup Veggie S/French Fries B/P Baked Beans 3/4 cup Fresh Fruit or Peaches</p>	<p>6 Breakfast Choices Taco or Taco Salad 1 WW Soft Taco or RS Tortilla Chips Meat Sauce 2.5oz. Cheese .5 oz. 1/4 cup WG Rice 3/4 cup Veggie S/Corn 3/4 cup Fresh Fruit or Pears</p>	<p>7 Breakfast Choices 5 WG Chicken Nuggets 1.5 oz. WW Roll 1.18 oz. 3/4 cup Veggie S/Fries R/O Carrots 3/4 cup Fresh Fruit or Mixed Fruit</p>	<p>8 Breakfast Choices WG/RF Cheese Pizza 2 oz. or WG Chicken Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety</p>	<p>9 No Students</p> 
<p>12 No Students</p> 	<p>13 Breakfast Choices Brunch For Lunch 3 WG French Toast Sticks 2 oz. Sausage Patty 1.2 oz. Syrup 3/4 cup Veggie S/Hash Browns R/O Carrots 3/4 cup Fresh Fruit or Applesauce</p>	<p>14 Breakfast Choices Italian Dunkers 1 WW Bread Stick 2 RF Mozz. Sticks 3/4 cup Veggie R/O Sauce 2 oz. O/Green Beans 3/4 cup Fresh Fruit or Peaches</p>	<p>15 Breakfast Choices WG Chicken Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie B/P Baked Beans 3/4 cup Fresh Fruit or Berry Cup</p>	<p>16 Breakfast Choices WG/RF Cheese Pizza 2 oz. or WG Chicken Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>19 Breakfast Choices 5 WG Chicken Nuggets 1.5 oz. WW Roll 1.18 oz. 1/4 cup WW Mac & Cheese 3/4 cup Veggie R/O Carrots 3/4 cup Fresh Fruit or Pears</p>	<p>20 Breakfast Choices Taco or Taco Salad 1 WW Soft Taco or RS Tortilla Chips Meat Sauce 2.5 oz. Cheese .5 oz. 1/4 cup WG Rice 3/4 cup Veggie S/Corn 3/4 cup Fresh Fruit or Berry Cup</p>	<p>21 Breakfast Choices Toasted Cheese Sandwich WW Bread & Cheese 1 oz. 3/4 cup Veggie O/Green Beans 3/4 cup Fresh Fruit or Mixed Fruit</p>	<p>22 Breakfast Choices Beef Burger 2 oz. Cheese .5 oz. WW Roll 1.89 oz. 3/4 cup Veggie S/French Fries B/P Baked Beans 3/4 cup Fresh Fruit or Applesauce</p>	<p>23 Breakfast Choices WG/RF Cheese Pizza 2 oz. or WG Chicken Patty 2 oz. or WW Roll 1.89 oz. 3/4 cup Veggie Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>26 Breakfast Choices Brunch For Lunch 3 WG French Toast Sticks 2 oz. Sausage Patty 1.2 oz. Syrup 3/4 cup Veggie S/Hash Brown R/O Carrots 3/4 cup Fresh Fruit or Applesauce</p>	<p>27 Breakfast Choices Sub Sandwich WW Roll 1.79 oz. Mixed Meat 1.5 oz. Cheese .5 oz. 3/4 cup veggie B/P Baked Beans 3/4 cup Fresh Fruit or Berry Cup</p>	<p>28 Breakfast Choice Italian Dunkers 1 WW Bread Stick 2 RF Mozz. Sticks 3/4 cup Veggie R/O Sauce 2 oz. S/Corn 3/4 cup Fresh Fruit or Peaches</p>	<p>29 Breakfast Choice Toasted Cheese Sandwich WW Bread & Cheese 1 oz. 3/4 cup Veggie O/Green Beans 3/4 cup Fresh Fruit or Mixed Fruit</p>	<p>30 Breakfast Choices WG/RF Cheese Pizza 2 oz. or WG Chicken Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety</p> 