

October 2021

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-518-895-3000 CO-518-895-2279</p>			<p>1 Breakfast Choices WG/RF Cheese Pizza 2 oz. or WG/RF N/S Pizza 2 oz. or WG Chicken Patty 2 oz. or Fish Patty 2 oz. on WW Roll 2 oz. 3/4 cup Veggie G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>4 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>5 Breakfast Choices Pasta with Meat Sauce 1/2 cup WG Pasta RF Meat Sauce 2 oz. 1 WW roll 1.18 oz. 3/4 cup Veggie G/Tossed Salad O/Green Beans 3/4 cup Fresh Fruit or Mixed Fruit</p>	<p>6 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 Pears</p>	<p>7 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 G /Lettuce 3/4 cup Fresh Fruit or Pineapple</p>	<p>8 Breakfast Choices WG/RF Cheese Pizza 2 oz. or WG/RF N/S Pizza 2 oz. or WG Chicken Patty 2 oz. or Fish Patty 2 oz. on WW Roll 2 oz. 3/4 cup Veggie G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>
	<p>12 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>13 Breakfast Choices Italian Dunkers 1 WW Bread Stick 2 RF Mozz. Sticks 3/4 cup Veggie R/O Sauce 2 oz. G/Tossed Salad 3/4 cup Fresh Fruit or Peaches</p>	<p>14 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 Mandarin Oranges</p>	<p>15 Breakfast Choices WG/RF Cheese Pizza 2 oz. or WG/RF N/S Pizza 2 oz. or WG Chicken Patty 2 oz. or Fish Patty 2 oz. on WW Roll 2 oz. 3/4 cup Veggie G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>18 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>19 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 G/Lettuce R/O Tomato S/Corn 3/4 cup Fresh Fruit or Peaches</p>	<p>20 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 Mixed Fruit</p>	<p>21 Breakfast Choices Toasted Cheese Sandwich WW Bread & Cheese 1 oz. 3/4 cup Veggie R/O Tomato Soup O/Green Beans 3/4 cup Fresh Fruit or Pineapple</p>	<p>22 Breakfast Choices WG/RF Cheese Pizza 2 oz. or WG/RF N/S Pizza 2 oz. or WG Chicken Patty 2 oz. or Fish Patty 2 oz. on WW Roll 2 oz. 3/4 cup Veggie G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>25 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>26 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 Pears</p>	<p>27 Breakfast Choice Italian Dunkers 1 WW Bread Stick 2 RF Mozz. Sticks 3/4 cup Veggie R/O Sauce 2 oz. G/Tossed Salad O/Green Beans 3/4 cup Fresh Fruit or Mandarin Oranges</p>	<p>28 Breakfast Choice Sub Sandwich WW Roll 1.79 oz. Mixed Meat 1.5 oz. Cheese .5 oz. 3/4 cup veggie B/P Baked Beans G /Lettuce 3/4 cup Fresh Fruit or Peaches</p>	<p>29 Breakfast Choices Tombstones Orange Moon Deep Sea Gravestone Bulging Coffin Haystacks Yellow Bones</p> 