



**SHARON SPRINGS CENTRAL SCHOOL
SEPTEMBER, 2019 BREAKFAST & LUNCH MENU**

WELCOME BACK ☺

AVAILABLE DAILY: Grilled Chicken Salad, Fruit & Yogurt Parfait, PB&J, Assorted Fruits, Low Fat White, Chocolate or Strawberry Milk & Water!

<p align="center">2.</p> <p>2019-20 PRICING K-12 BREAKFAST: \$0 K-12 LUNCH: \$0 K-12 ALA CARTE: \$1.55 MILK & SNACK MILK: \$.55 ADULT BREAKFAST: \$2.20 ADULT LUNCH: \$4.05</p> <p>*STUDENTS ARE CHARGED \$1.55 FOR EXTRA SERVINGS *ALA CARTE</p>	<p align="center">3.</p> <p>WELCOME BACK! EVERYONE WHO GETS A COMPLETE MEAL EATS FOR FREE! CHOOSE NO LESS THAN 3 OF THE 5 FOOD COMPONENTS AND REMEMBER...ONE OF THOSE HAS TO BE A FRUIT OR VEGGIE!!</p>	<p align="center">4.</p> <p>Chicken Nuggets Baked Tots Broccoli</p> 	<p align="center">5.</p> <p>Meatball Sub OR Spaghetti -n- Meatballs Romaine Spinach Garden Salad</p>	<p align="center">6.</p> <p>Cheese or Pepperoni Pizza Golden Corn Locally Grown Apples</p>
<p align="center">9.</p> <p>Chicken Patty/Bun Herbed Rice Romaine Spinach Garden Salad</p>	<p align="center">10.</p> <p>Hamburger/Bun Roasted Wedges Baked Beans Green Beans</p>	<p align="center">11.</p> <p>Chicken Nuggets Baked Tots Broccoli</p>	<p align="center">12.</p> <p>Hot Turkey Sandwich Mashed Potato Cranberry Sauce Seasoned Carrots</p>	<p align="center">13.</p> <p>Cheese or Pepperoni Pizza Golden Corn Locally Grown Apples</p>
<p align="center">16.</p> <p>Chicken Patty/Bun Roasted Wedges Romaine Spinach Garden Salad</p>	<p align="center">17.</p> <p>Popcorn Chicken Plain or Saucy Herbed Rice Baked Beans Green Beans</p>	<p align="center">18.</p> <p>Chicken Nuggets Baked Tots Broccoli</p>	<p align="center">19.</p> <p>GRANDPARENTS DAY LUNCH Oven Baked Chicken Baked Potato Cranberry Sauce Flavored Carrots</p> <p>Adult Lunch \$4.05</p>	<p align="center">20.</p> <p>Cheese or Pepperoni Pizza Golden Corn Locally Grown Apples</p> 
<p align="center">23.</p> <p>Chicken Patty/Bun Herbed Rice Romaine Spinach Garden Salad</p>	<p align="center">24.</p> <p>Hotdog/Bun OR Hamburger/ Bun Roasted Wedges Baked Beans Green Beans</p>	<p align="center">25.</p> <p>Chicken Nuggets Baked Tots Broccoli</p>	<p align="center">26.</p> <p>Chicken Biscuit & Gravy Mashed Potato Seasoned Carrots</p>	<p align="center">27.</p> <p>Cheese or Pepperoni Pizza Golden Corn Locally Grown Apples</p>
<p align="center">30.</p> <p>Chicken Patty/Bun Herbed Rice Romaine Spinach Garden Salad</p>				

<p>EVERY MONDAY Breakfast Sandwich or Mini Pancakes or Cold Cereal or Bagel w/ Cream Fruit, Juice, Milk</p>	<p>EVERY TUESDAY Homemade Chocolate Chip Muffin or Cold Cereal or Bagel/Cream Cheese Fruit, Juice, Milk</p>	<p>EVERY WEDNESDAY Breakfast Sandwich or Mini Pancakes or Cold Cereal or Bagel/Cream Cheese Fruit, Juice, Milk</p>	<p>EVERY THURSDAY Homemade Chocolate Chip Muffin or Cold Cereal or Bagel/Cream Cheese Fruit, Juice, Milk</p>	<p>EVERY FRIDAY Homemade Cinnamon Bun or Cold Cereal or Bagel/Cream Cheese Fruit, Juice Milk</p>
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Mini Pancakes are Maple Flavored: Breakfast Sandwich is a Sausage Patty w/ Cheese on an English Muffin