

Welcome to our Lunch Cafe @ Glens Falls HS

November
2017

Monday

Tuesday

Wednesday

Thursday

Friday



HARVEST
of the
MONTH



We proudly support clean, organic, local and sustainable agriculture.

6 Chicken Teriyaki
Vegetable Fried Rice
Steamed Broccoli
Red Pepper Strips
Pineapple Tidbits
Fresh Orange

7 Buffalo Chicken Mac & Cheese
Steamed Broccoli
Diced Pears
Fresh Banana

8 French Toast
Syrup
Turkey Sausage Patty
Hash Browns
Carroteenies
Fresh Banana
Cinnamon Applesauce

9 Buffalo Chicken Stromboli
Pepperoni Pizza
Cheese Pizza
Chicken and Waffles
Side of Carrots
Red Pepper Strips
Pineapple Tidbits
Fresh Red Delicious Apple



13 Pizza Bites
Caesar Salad
Mixed Fruit
Celery
Fresh Orange

14 Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy
Corn Bread Stuffing
Side of Carrots
Fresh Orange
Cinnamon Applesauce

15 Fiesta Chicken Rice Bowl
Celery
Carroteenies
Cinnamon Applesauce
Fresh Pear

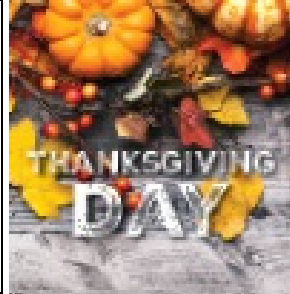
16 Taco Bar
build your own taco! Choose the fillings and fixins you want from all of our delicious selections
Brown Rice
Black Beans
Carroteenies
Fresh Red Delicious Apple
Pineapple Tidbits

17 Ham Pepperoni and Cheese Stromboli
White Pizza
Cheese Pizza
Side Salad
Carroteenies
Mixed Fruit
Fresh Banana

20 French Toast
Syrup
Turkey Sausage Patty
Hash Browns
Carroteenies
Diced Peaches
Fresh Orange

21 Pepperoni Pizza
Cheese Pizza
Buffalo Chicken Pizza
Side Salad
Chicken Parm Sandwich
Celery
Pineapple Tidbits
Fresh Red Delicious Apple

22 Thanksgiving
Recess



24 Thanksgiving
Recess

27 Guy's Fries
With Side Salad
Green Pepper Slices
Mixed Fruit
Fresh Banana

28 Philly Cheese Sandwich
beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun
Sweet Potato Fries
Green Pepper Slices
Pineapple Tidbits
Fresh Orange

29 Ranch & Chicken Quesadilla
Celery
Carroteenies
Organic Sliced Strawberries
Fresh Pear

30 Taco Bar
build your own taco! Choose the fillings and fixins you want from all of our delicious selections
Brown Rice
Black Beans
Fresh Orange
Carroteenies
Pineapple Tidbits

SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because we are Simply Rooted™ in food and family and



use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



Lunch Prices

Regular: \$2.20

Reduced: \$.25

Available Daily

A side salad, with dark leafy greens and seasonal fresh vegetables

Assorted Deli Sandwiches with or without cheese and peanut butter and jelly sandwiches, all on whole grain breads/rolls

Hamburger or hot dog on a whole grain bun

Yogurt parfaits made with all natural yogurt, granola and fruit

A fruit and vegetable bar with fresh and chilled fruits, carrots, celery sticks, red pepper strips and green pepper strips

If you have any questions or would like additional information regarding this menu please contact your food service director Larry Young at 518-798-1910 or youngl@whitsons.com

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.