

Welcome to our Lunch Cafe @ Glens Falls HS

October
2017

Monday

Tuesday

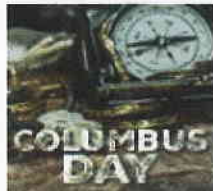
Wednesday

Thursday

Friday



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

<p>2 Pizza Bites Caesar Salad Red Pepper Strips Cinnamon Applesauce Fresh Orange</p>	<p>3 Buffalo Burger BLT Burger Greek Pasta Salad Celery Diced Peaches Fresh Red Delicious Apple</p>	<p>4 Chicken Bowl with Gravy <i>popcorn chicken layered with mashed potatoes and corn, smothered in gravy</i> Side Salad Diced Peaches Fresh Orange</p>	<p>5 Taco Bar <i>build your own taco! Choose the fillings and fixins you want from all of our delicious selections</i> Beans And Brown Rice Carroteenies Pineapple Tidbits Fresh Red Delicious Apple</p>	<p>6 Pepperoni Pizza Cheese Pizza All With Garden Salad Philly Cheese Sandwich Oven Baked Fries Green Pepper Slices Fresh Red Delicious Apple Melon Cup</p>
<p>9  COLUMBUS DAY</p>	<p>10 Buffalo Chicken Mac & Cheese Carroteenies Cinnamon Applesauce Fresh Banana</p>	<p>11 French Toast Syrup Hash Browns Sausage Patty Carroteenies Sliced Strawberries Pear</p>	<p>12 Taco Bar <i>build your own taco! Choose the fillings and fixins you want from all of our delicious selections</i> Beans And Brown Rice Carroteenies Pineapple Tidbits Fresh Red Delicious Apple</p>	<p>13 Cheese Pizza Bianco Pizza All With Garden Salad Chicken and Waffles Side of Carrots Green Pepper Slices Pineapple Tidbits Fresh Red Delicious Apple</p>
<p>16 Fiesta Chicken Rice Bowl Side of Carrots Celery Diced Pears Fresh Orange</p>	<p>17 Spicy Cheddar Burger Pinto Beans Yellow Rice Salsa Green Pepper Slices Pineapple Tidbits Fresh Banana</p>	<p>18 Chicken Bowl with Gravy <i>popcorn chicken layered with mashed potatoes and corn, smothered in gravy</i> Carroteenies Cinnamon Applesauce Pear</p>	<p>19 Pepperoni Pizza Bianco Pizza All With Garden Salad Pineapple Tidbits Fresh Red Delicious Apple</p>	<p>20 No School-Superintendent's Conference Day</p>
<p>23 Blazin Buffalo Chicken Sliders Cajun Roasted Broccoli Carroteenies™ Mixed Fruit Fresh Red Delicious Apple</p>	<p>24 Smokehouse Burger Pizza Burger Green Beans Green Pepper Slices Diced Pears Fresh Banana</p>	<p>25 French Toast Syrup Sausage Patty Hash Browns Carroteenies Pineapple Tidbits Fresh Red Delicious Apple</p>	<p>26 Taco Bar <i>build your own taco! Choose the fillings and fixins you want from all of our delicious selections</i> Beans And Brown Rice Carroteenies Pineapple Tidbits Fresh Red Delicious Apple</p>	<p>27 Cheese Pizza Buffalo Chicken Pizza Bianco Pizza All With Garden Salad Ham & Cheese Bagel Melt With Oven Baked Fries Celery Pineapple Tidbits</p>
<p>30 BBQ Chicken BBQ Rib Sandwich Baked Beans Corn Red Pepper Strips Mixed Fruit Fresh Red Delicious Apple</p>	<p>31 Philly Cheese Sandwich Sauteed Onions & Peppers Sweet Potato Fries Carroteenies Pineapple Tidbits Fresh Orange</p>			

SIMPLY ROOTED™ in food and family

All of our products have zero trans-fats, unless they are naturally occurring. 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

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

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 or Grab and Go deli chef salad
- 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

Choice of 1% white, fat free white, or fat free chocolate milk

*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.