

Welcome to our Lunch Cafe @

Glens Falls Elementary Lunch

October
2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

<p>2 Pizza Bites Side Salad Carroteenies Diced Pears Fresh Red Delicious Apple</p>	<p>3 Cheeseburger Burger Lite Veggie Pasta Salad Steamed Broccoli Diced Pears Fresh Banana</p>	<p>4 Chicken Bowl with Gravy <i>popcorn chicken layered with mashed potatoes and corn, smothered in gravy</i> Celery Diced Peach Cup 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 Red Pepper Strips Diced Pears Fresh Banana</p>	<p>6 Pepperoni Pizza Cheese Pizza Bianco Pizza Garden Salad Red Pepper Strips Pineapple Tidbits Fresh Red Delicious Apple</p>
<p>9  COLUMBUS DAY</p>	<p>10 Mac & Cheese Steamed Broccoli Whole Wheat Dinner Roll Diced Pears Fresh Red Delicious Apple</p>	<p>11 French Toast Syrup Sausage Patty Hash Browns Carroteenies Cinnamon Applesauce Fresh Banana</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 Red Pepper Strips Diced Peach Cup Fresh Red Delicious Apple</p>	<p>13 Pepperoni Pizza Cheese Pizza Bianco Pizza Garden Salad Red Pepper Strips Pineapple Tidbits Fresh Orange</p>
<p>16 Egg and Cheese Sandwich Sausage, Egg and Cheese Sandwich Tator Tots Carroteenies Diced Pears Fresh Red Delicious Apple</p>	<p>17 Bagel w/ Turkey Pepperoni & Cheese Stick Chilled Pizza Sauce Side Salad Mixed Fruit Fresh Banana</p>	<p>18 Chicken Bowl with Gravy <i>popcorn chicken layered with mashed potatoes and corn, smothered in gravy</i> Celery Diced Peach Cup Fresh Orange</p>	<p>19 Pepperoni Pizza Cheese Pizza Bianco Pizza Garden Salad Red Pepper Strips Pineapple Tidbits Fresh Red Delicious Apple</p>	<p>No School</p>
<p>23 Pizza Bites Side Salad Carroteenies Diced Peach Cup Fresh Red Delicious Apple</p>	<p>24 Cheeseburger Burger Lite Veggie Pasta Salad Steamed Broccoli Diced Pears Fresh Banana</p>	<p>25 French Toast Syrup Sausage Patty Hash Browns Carroteenies Cinnamon Applesauce Mixed Fruit Fresh Orange</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 Red Pepper Strips Cinnamon Applesauce Fresh Banana</p>	<p>27 Pepperoni Pizza Cheese Pizza Bianco Pizza Garden Salad Red Pepper Strips Diced Peach Cup Fresh Red Delicious Apple</p>
<p>30 Mac & Cheese Steamed Broccoli Whole Wheat Dinner Roll Carroteenies Mixed Fruit Fresh Red Delicious Apple</p>	<p>31 Pizza Bagel Side Salad Carroteenies Diced Pears Fresh Banana</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

Hamburger or hot dog on a whole grain bun

Grab and Go Chef Salad served with a whole grain roll

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.