



MENU

Saratoga Springs City
School District



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OCTOBER
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		Harvest of the Month NY Apples October 14 th	Pancakes w/Syrup Omelet Turkey Sausage Links Tots NY Apple Juice Cup	1	Cheese Pizza Garden Salad Fresh Veggie w/ Hummus Strawberry Applesauce Cup	2			
Dino Nuggets Warm Garlic Knot Mashed Potatoes Steamed Broccoli	5	French Toast Sticks Cheese Egg Bite or Turkey Sausage Links Sweet Potato Bites NY Apple Juice Cup	6	Crispy Chicken Tenders Tortellini Pasta Salad Yellow Corn Grape Tomatoes	7	Macaroni & Cheese w/Kielbasa Bites Garlic Breadstick Roasted Green Beans	8	Cheese Pizza Caesar Salad Fresh Veggie w/ Hummus Mini Rice Krispy Treat	9
No School Columbus/Indigenous Peoples Day	12	Soft Tacos (beef or turkey, cheese, lettuce) Salsa & Sour Cream Yellow Rice Veggie Pinto Beans	13	Cheeseburger Sweet Potato Wedges Rainbow Pepper Sticks Fresh NY Apples and Juice	14	Corn Dogs Corn on the Cob Funnel Cake Fries SARATOGA Apple	15	Personal Cheese Pizza Garden Salad Fresh Veggie w/Hummus Blue Raspberry Rush Cup	16
Cheesy Breadsticks w/Marinara Sauce Steamed Broccoli Rainbow Pepper Sticks Mini Rice Crispy Treat	19	Popcorn Chicken & Waffles Emoji Fries Cucumber Slices Orange Juice & Syrup	20	Rotini with Meat Sauce Garlic Breadstick Chickpea Salad	21	Mozzarella Sticks Marinara Sauce Crinkle Cut French Fries Garden Salad/Ranch	22	Cheese Pizza Caesar Salad Fresh Veggie w/ Hummus Chocolate Scooby Snacks	23
Chicken Nuggets Seasoned Pasta Garlic Knot Broccoli	26	Mozzarella Pizza Crunchers Roasted Green Beans Rainbow Pepper Sticks Warm Cinnamon Apples	27	Crispy Chicken Patty Sandwich Waffle Fries Baby Carrots w/ Ranch Dip NY PICKLES	28	Cheese Pizza Garden Salad Fresh Veggie w/ Hummus Mango Peach Applesauce Cup	29	Mummy Dogs Zombie Fries Apple Slices & Peanut Butter Dirt & Worms Pudding Cup	30

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.
Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and white or flavored milk.

