

Brockport Central School District

Middle and High School Lunch Menu October 2023

 Meat/Meat Alternative
 Grain
 Fruit
 Vegetable
 Milk
 NY State Product

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Smackers With a Mini Pretzel Baked Beans Baby Carrots Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk C	3 Chicken Quesadilla With Veggie Rice Golden Sweet Corn Fresh Broccoli Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk D	4 Mozzarella Sticks with Sauce Steamed Broccoli Golden Sweet Corn Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk A	5 Hot Dog on a Bun French Fries Celery Sticks Cupped Fruit Assorted Fresh Fruit Assorted Milk B	6 NO SCHOOL TODAY! 
9 NO SCHOOL TODAY! 	10 Cheeseburger Or Hamburger French Fries Baked Beans Cupped Fruit Assorted Fresh Fruit Assorted Milk C	11 Meatball Sub with or without Mozzarella Cheese Steamed Carrots Tossed Salad Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk D	12 Italian Sausage with or without Peppers and Onions NEW Steamed Green Beans Cucumber Tomato Salad Cupped Fruit Assorted Fresh Fruit Assorted Milk A	13 Macaroni & Cheese with a Mini Pretzel Steamed Broccoli Celery Sticks Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk B
16 Chicken Tenders with a Mini Pretzel French Fries Baby Carrots Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk	17 Buffalo Chicken Nachos with Veggie Rice Golden Sweet Corn Refried Beans Cupped Fruit Assorted Fresh Fruit Assorted Milk D	18 Pulled Pork Sandwich Warm Cinnamon Sweet Potatoes Baby Carrots Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk A	19 Pasta with Meat Sauce Or Plain Sauce with a Breadstick Garlic Parm Broccoli Tossed Salad Cupped Fruit Assorted Fresh Fruit Assorted Milk B	20 Toasted Cheese Sandwich Tomato Soup Celery Sticks Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk C
23 Orange Chicken With an Egg Roll & Fortune Cookie Steamed Green Beans Baby Carrots Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk D	24 Taco Bar with Spanish Rice Golden Sweet Corn Refried Beans Cupped Fruit Assorted Fresh Fruit Assorted Milk A	25 Italian Dunkers Garlic Parm Broccoli Tossed Salad Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk B	26 Roasted Chicken with Cornbread NEW Mashed Potatoes Celery Sticks Cupped Fruit Assorted Fresh Fruit Assorted Milk C	27 Pizza Crunchers with Sauce Steamed Carrots Fresh Cauliflower Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk D
30 Chicken Patty on a WG Roll Mashed Potatoes Baked Beans Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk A	31 French Toast Sticks With Sausage Patties Hashbrown Patty Warm Cinnamon Sweet Potatoes Cupped Fruit Assorted Fresh Fruit Assorted Milk B 	1 Pasta with Meatballs Or Plain Sauce with a Breadstick Garlic Parm Broccoli Tossed Salad Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk C	2 Broccoli Cheddar Soup with Stuffed Cheesy Bread Bites Mashed Potatoes Steamed Carrots Cupped Fruit Assorted Fresh Fruit Assorted Milk D	3 Buffalo Chicken Macaroni & Cheese with a Mini Pretzel Sweet Peas Celery Sticks Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk A

Served Daily:
 Assorted Pizzas
 Made to Order Deli Bar
 Buffalo Chicken
 Salad Plate
 Chicken Caesar Salad Plate
 Julienne Salad Plate
 Vegetable Salad Plate
 PBJ
 Yogurt Parfait
Choice of Milk:
 1% White Milk
 Skim Milk
 Strawberry Milk
 Low Fat Chocolate

Every Meal Includes:
 2 Servings of **Fruit** and
 1 Serving of Each
Vegetable.
 Every meal must
 include a 1/2 cup **fruit**
 or **vegetable.**

Meal Prices:
Full Breakfast: Free at
 this time.
Reduced Breakfast:
 Free at this time.
Full Lunch: Free at
 this time.
Milk: \$.70
Reduced Lunch: Free
 at this time.

Food Service Contact:
Phone:
 (585)637-1846
Email:
Foodservice@bcs1.org

Menu subject to change depending on product availability.

Breakfast Menu:

This institution is an equal opportunity provider.

Mondays
 Assorted Frudels
 Assorted Breakfast Sandwiches
 Cereal, Muffin, Poptart, or Yogurt
 Fresh Fruit, Juice or Cupped Fruit & Milk

Tuesdays
 Assorted Cinnamon Rolls
 Assorted Breakfast Sandwiches
 Cereal, Muffin, Poptart, or Yogurt
 Fresh Fruit, Juice, or Cupped Fruit & Milk

Wednesdays
 Bagel with Condiment
 Assorted Breakfast Sandwiches
 Cereal, Muffin, Poptart, or Yogurt
 Fresh Fruit, Juice, or Cupped Fruit & Milk

Thursdays
 Assorted Breakfast Breads
 Assorted Breakfast Sandwiches
 Cereal, Muffin, Poptart, or Yogurt
 Fresh Fruit, Juice, or Cupped Fruit & Milk

Fridays
 Breakfast Buns
 Assorted Breakfast Sandwiches
 Cereal, Muffin, Poptart, or Yogurt
 Fresh Fruit, Juice, or Cupped Fruit & Milk

If you have a food allergy,
 please notify us.
 Allergy information is available
 for prepared food items upon
 request.