




Brockport Central School District Middle and High School Lunch Menu September 2023

Meat/Meat Alternative
Grain
Fruit
Vegetable
Milk

Monday	Tuesday	Wednesday	Thursday	Friday
4 NO SCHOOL TODAY! 	5 NO SCHOOL TODAY! 	6 Pizza Crunchers with Sauce Steamed Broccoli Golden Sweet Corn Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk	7 Hot Dog on a Bun French Fries Celery Sticks Cupped Fruit Assorted Fresh Fruit Assorted Milk	8 Mozzarella Sticks with Sauce Sweet Peas Steamed Green Beans Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk
11 Chicken Patty on a WG Roll Steamed Green Beans Baby Carrots Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk	12 Chicken Quesadilla With Veggie Rice Golden Sweet Corn Refried Beans Cupped Fruit Assorted Fresh Fruit Assorted Milk	13 Meatball Sub with or without Mozzarella Cheese Steamed Carrots Tossed Salad Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk	14 Monte Cristo Sandwich  Potato Wedges Cucumber Tomato Salad Cupped Fruit Assorted Fresh Fruit Assorted Milk	15 Macaroni & Cheese with a Mini Pretzel Steamed Broccoli Celery Sticks Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk
18 Chicken Tenders with a Mini Pretzel French Fries Baby Carrots Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk	19 Taco Bar with Spanish Rice Golden Sweet Corn Refried Beans Cupped Fruit Assorted Fresh Fruit Assorted Milk	20 Pulled Pork Sandwich Mashed Potatoes Tossed Salad Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk	21 Pasta with Meat Sauce Or Plain Sauce with a Breadstick Garlic Parm Broccoli Cucumber Wheels Cupped Fruit Assorted Fresh Fruit Assorted Milk	22 Buffalo Chicken Macaroni & Cheese with a Mini Pretzel Steamed Carrots Celery Sticks Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk
25 Orange Chicken With an Egg Roll & Fortune Cookie Steamed Green Beans Baby Carrots Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk	26 Cheeseburger Or Hamburger French Fries Baked Beans Cupped Fruit Assorted Fresh Fruit Assorted Milk	27 Italian Dunkers Garlic Parm Broccoli Tossed Salad Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk	28 Buffalo Chicken Nachos with Veggie Rice Golden Sweet Corn Cucumber Tomato Salad Cupped Fruit Assorted Fresh Fruit Assorted Milk	29 Toasted Cheese Sandwich Tomato Soup Celery Sticks Chilled Juice Cupped Fruit Assorted Fresh Fruit Assorted Milk

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
 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

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

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 Smoothies
 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