

SEPTEMBER 2025

Health-e Pro 

MON	TUE	WED	THU	FRI
1 EQUAL OPPORTUNITY EMPLOYER	2	3 Chicken Bacon Ranch Mozzarella Bites ES- Cheese Pizza Poppers Seasoned Green Beans Caesar Side Salads Fruit Milk	4 Western BBQ Burger ES- Cheeseburger Corn on the Cobb Baked Beans Fruit Milk	5 BBQ Chicken Drummers Cornbread Poppers Cole Slaw Seasoned Potato Wedges Fruit Milk
8 Teriyaki Chicken Sliders Broccoli and Cranberry Salad Sugar Snap Peas Fruit Milk	9 Taco Tuesday! Choice of hard or soft shell tacos Black Beans and Rice Corn Fruit Milk	10 Deluxe Cheeseburgers Caesar Side Salad Baked Beans Fruit Milk	11 Chicken Popper Baked Potatoes Peas Mila Cookie Fruit Milk	12 Homemade Cheese Pizza Roasted Carrots Garden Salad Fruit Milk
15 Comet Platter (Jalapeno Poppers, Chicken Tenders, Mozzarella Cheese Stick) Caesar Side Salads Corn Fruit Milk	16 Wing Ding Day! Seasoned Noodles Steamed Broccoli Baked Beans Fruit Milk	17 Honey Mustard Chicken Sandwich Seasoned Potato Wedges Honey Glazed Carrots Fruit Milk	18 Homemade Macaroni and Cheese Roasted Green Beans Fruit Milk	19 Homemade Cheesy Breadsticks Garden Salad Vegetable Cups Fruit Milk
22 Cheesy Croissant Sandwiches Tomato Soup or Chili Cornbread Poppers Fruit Milk	23 Aloha Burgers Tangy Cabbage Salad French Fries Fruit Milk	24 Pizza Piiza Caesar Side Salad Garlic and Thyme Carrots Fruit Milk	25 Hot Dog Bar Potato Logs Baked Beans Fruit Milk	26 Flatbread Pizzas Italian Green Beans Garden Salad Fruit Milk
29 Chicken Tenders Cheesy Mashed Potatoes Peas Fruit Milk	30 Taco Tuesday! Choice of Chicken or Beef Dorito Chips Black Beans and Rice Corn Fruit Milk	 <p><i>Sweet potatoes are not actually potatoes, nor are they related to yams, despite the common misconception. They are a root vegetable with a vibrant history. They are packed with nutritional value and versatility. They are known for their nutritional value C, and B6, as well as fiber and potassium.</i></p>		

ANNOUNCEMENTS

Did you know that you can add a side salad everyday?
All meals offer the 5 components of the NSLP.

Need a meal modification?
you can contact the Food Service Department at (315)387-3445 ext. 1602

Full Salad Bar along with Wraps, Subs, Soup and Sandwiches offered daily.

Elementary have extra choices of made in house Lunchables, Smucker's or Subs.

MEAL PRICES

EVERY FIRST MEAL IS ON THE HOUSE!!

EXTRA ENTREE—JUST \$2.25
MILK—ONLY 65¢
WATER—A STEAL AT 50¢
SNACKS—A BUCK A POP
JUICES—SIPPING FOR \$1.50