

# MENUS FOR SEPTEMBER 2019

## Vestal Elementary Schools

This institution is an equal opportunity provider. Menus are subject to change.



## AVAILABLE DAILY

### Weekly Salads (Wed & Thurs):

9/11-9/12: Popcorn Chicken Salad  
9/18-9/19: Turkey Bacon Ranch  
9/25-9/26: Chicken Spiedie Salad

### Weekly Sandwiches:

M,W,F: Turkey/Cheese  
T,Th: Ham/Cheese

### Served Daily

Yogurt Meal  
4 oz. yogurt, string cheese  
Served with:  
Homemade Granola  
PB & Jelly Sandwich

*\*All salads served w/Garlic Croutons*

*\*All options served w/same fruit and vegetable of the day*

*\*100% Juice available on Tues & Thurs at Lunch*

### Daily Breakfast Options:

Student's must select 1 Fruit and/or Juice (pick one or two)  
M/W/Th/F: Cereal and/or Muffin Top (pick one or two)

### Milk Choices:

Unflavored—1% & Fat Free  
Chocolate— 1%

## HAPPY LABOR DAY!



Try not to be **BLUE**  
about Summer's end—  
enjoy the last sweet  
days of the season  
**BERRY** much!

Welcome Back  
for **FOOD, FUN, & FITNESS!**

### Thursday, September 5

#### Breakfast

French Toast Sticks  
w/Syrup  
Assorted Fruit  
Low Fat Milk

#### Lunch

Cheeseburger on a  
Bun  
Baked Beans  
Corn  
Fresh Watermelon  
Low Fat Milk

### Friday, September 6

#### Breakfast

Breakfast Croissant  
Sandwich  
Assorted Fruit  
Low Fat Milk

#### Lunch

Stuffed Crust Pizza  
Garden Salad  
w/Chickpeas  
Assorted Fresh Fruit  
Low Fat Milk

## mySchoolBucks®



Breakfast

\$1.70

Lunch

\$2.60

Go to: [mySchoolBucks.com](http://mySchoolBucks.com)

### Monday, September 9

#### Breakfast

Frudel  
Assorted Fruit  
Low Fat Milk

#### Lunch

Popcorn Chicken  
Mashed Potatoes  
Glazed Carrots  
Fresh Apple  
Low Fat Milk

*Second Choice*  
Stuffed Crust Pizza

### Tuesday, September 10

#### Breakfast

Banana or Cinnamon  
Breakfast Breads  
Assorted Fruit  
Low Fat Milk

#### Lunch

Fruit/Yogurt Parfait  
Mozz. String Cheese  
Scooby Grahams  
w/Chocolate Hummus  
Veggie Cruncher Cup  
w/Dip

Chilled Peaches  
Low Fat Milk

*Second Choice*  
Stuffed Crust Pizza

### Wed., September 11

#### Breakfast

Bagel Breakfast Pizza  
Assorted Fruit  
Low Fat Milk

#### Lunch

**Brunch at Lunch!**  
French Toast Sticks  
Sausage Patty  
Potato Puffs  
Fresh Orange  
Low Fat Milk

*Second Choice*  
Stuffed Crust Pizza

### Thursday, September 12

#### Breakfast

Ultimate Breakfast  
Round & Yogurt  
Assorted Fruit  
Low Fat Milk

#### Lunch

Pasta w/Meat Sauce  
Garlic Bread Stick  
Steamed Broccoli  
Chilled Applesauce  
Low Fat Milk

*Second Choice*  
Stuffed Crust Pizza

### Friday, September 13

#### Breakfast

Breakfast Sandwich on  
English Muffin  
Assorted Fruit  
Low Fat Milk

#### Lunch

School's Choice Pizza  
Garden Salad  
w/Chickpeas  
Assorted Fresh Fruit  
Low Fat Milk

*Second Choice*  
Stuffed Crust Pizza

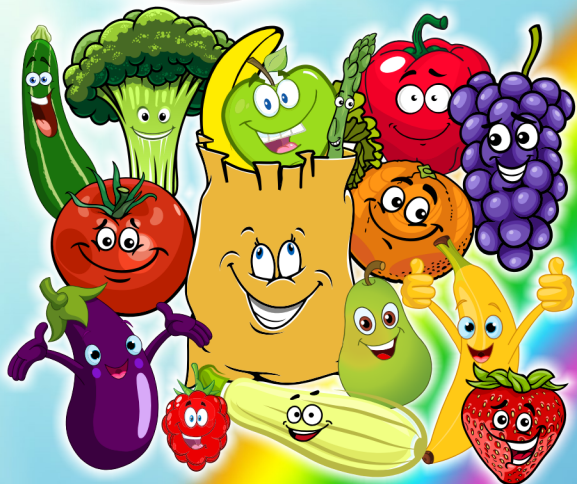
## NUTRITION TO GO

Despite persistent urban legends to the contrary, eating a watermelon seed will not cause a plant to sprout in your stomach! And, anyway, most of the watermelons sold today are seedless. That's too bad - the seeds roasted with a little olive oil and salt are a crunchy snack loaded with protein and other nutritious goodies!

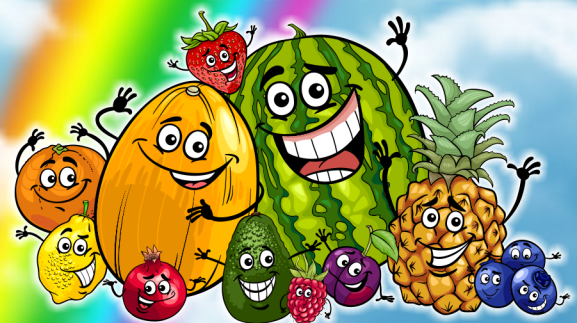
**A QUICK BITE FOR PARENTS**



# What's on YOUR plate?



Try to eat a **RAINBOW** of different colors!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

## Monday, September 16

### Breakfast

Mini Pancakes  
Assorted Fruit  
Low Fat Milk

### Lunch

Cheesburger on a Bun w/Lettuce & Tomato  
Savory Sweet Potato Fries  
Green Beans  
Fresh Apple  
Low Fat Milk  
*Second Choice*  
Chick Nuggets w/ Pretzel

## Tuesday, September 17

### Breakfast

Cinnamon Bun and Yogurt  
Assorted Fruit  
Low Fat Milk

### Lunch

Taco Salad w/Assorted Toppings  
Seasoned Rice  
Corn  
Chilled Mixed Fruit  
Low Fat Milk

*Second Choice*  
Chick Nuggets w/ Pretzel

## Wed., September 18

### Breakfast

Breakfast Pizza  
Assorted Fruit  
Low Fat Milk

### Lunch

Lupos Chicken Spiedie Sub  
Harvest Cheddar Sun Chip Mix  
Veggie Cruncher Cup w/Hummus & Dip  
Fresh Banana  
Low Fat Milk  
*Second Choice*  
Chick Nuggets w/Pretzel

## Thursday, September 19

### Breakfast

French Toast Stick w/ Syrup  
Assorted Fruit  
Low Fat Milk

### Lunch

**NY Thursdays!!**  
Hot Dog on a Bun  
Oven Roasted Potatoes  
Corn on the Cob  
Fresh Berry Cup  
Low Fat Milk

*Second Choice*  
Chick Nuggets w/ Pretzel

## Friday, September 20

### Breakfast

Breakfast Croissant Sandwich  
Assorted Fruit  
Low Fat Milk

### Lunch

Wild Mike's Mozzarella Bites  
Side of Pasta w/Sauce  
Garden Salad w/Chickpeas  
Assorted Fresh Fruit  
Low Fat Milk  
*Second Choice*  
Chick Nuggets w/ Pretzel

## Monday, September 23

### Breakfast

Frudel  
Assorted Fruit  
Low Fat Milk

### Lunch

Chicken Nuggets w/Dipping Sauce  
Wheat Dinner Roll  
Mashed Potatoes  
Glazed Carrots  
Fresh Apple  
Low Fat Milk  
*Second Choice*  
Ind. Round Pizza

## Tuesday, September 24

### Breakfast

Banana or Cinnamon Breakfast Breads  
Assorted Fruit  
Low Fat Milk

### Lunch

Meatball Sub  
Baked Crinkle Cut Fries  
Veggie Cruncher Cup w/Hummus & Dip  
Chilled Pears  
Low Fat Milk  
*Second Choice*  
Ind. Round Pizza

## Wed., September 25

### Breakfast

Bagel Breakfast Pizza  
Assorted Fruit  
Low Fat Milk

### Lunch

Grilled Cheese Sandwich  
Tomato Soup  
Fresh Cucumbers w/Dip  
Fresh Orange  
Low Fat Milk  
*Second Choice*  
Ind. Round Pizza

## Thursday, September 26

### Breakfast

Ultimate Breakfast Round & Yogurt  
Assorted Fruit  
Low Fat Milk

### Lunch

Pasta w/Meat Sauce  
Garlic Bread Stick  
Steamed Broccoli  
Chilled Peaches  
Low Fat Milk

*Second Choice*  
Ind. Round Pizza

## Friday, September 27

### Breakfast

Breakfast Sandwich on English Muffin  
Assorted Fruit  
Low Fat Milk

### Lunch

Homemade Pizza  
Garden Salad w/Chickpeas  
Assorted Fresh Fruit  
Low Fat Milk

*Second Choice*  
Ind. Round Pizza

## Friday, September 30

### Breakfast

Mini Pancakes  
Assorted Fruit  
Low Fat Milk

### Lunch

Chicken Patty on a Bun  
Sweet Potato Crinkle Fries  
Mixed Vegetables  
Fresh Apple  
Low Fat Milk

*Second Choice*  
Hamburger on a Bun

## Farm to School is Growing with NY Thursdays!

NY Thursdays, a meal of seasonal New York State foods cooked from scratch by the Rock on Café. Arranged by Broome-Tioga BOCES, the Rural Health Network, and various local farms and distributors, local lunch will be available to your child one Thursday of each month. Be sure to check your menus for these delicious meals!



In addition to students enjoying delicious local meals on NY Thursdays, they will have the opportunity to taste test local foods and give feedback for future school meals!