LUNCH



SEPTEMBER 2022 NEWCOMB CENTRAL SCHOOL

Cafeteria Manager: Ellie Yandon eyandon@newcombcsd.org (518)582-3341 Ext #1021

	Monday	Tuesday	Wednesday	Thursday	Friday
<				Superintendents 1 Conference Day Staff Training	NO SCHOOL
ſ	5 LABOR DAY NO SCHOOL	6 Milk, Cottage Cheese, Fruit, Beans, Brown Rice Chicken Quesadillas Salad Bar	7 Milk, Cottage Cheese, Fruit, Corn Chowder Grilled Cheese Sandwich Salad Bar	8 Milk, Cottage Cheese, Fruit, Spinach Lasagna, Roll w/Butter Salad Bar	9 Milk, Cottage Cheese, Fruit, Sweet Potato Fries Sloppy Joes/Bun, Gr. Beans
F	12 Milk, Cottage Cheese, Fruit, Mac & Cheese Stewed Tomatoes	13 Milk, Cottage Cheese, Fruit, Beans, Brown Rice Sloppy Nachos Salad Bar	14 Milk, Cottage Cheese, Fruit Vegetable Beef Soup Grilled Cheese Sandwich Salad Bar	15 Milk, Cottage Cheese, Fruit, Cheese Raviolis w/ Sauce Broccoli, Roll w/Butter Salad Bar	16 Milk, Cottage Cheese, Fruit, BBQ Chicken, Mash Potatoes, Harvard Beets,
	19 Milk, Cottage Cheese, Fruit, Cheese or Veggie Pizza Celery & Ranch	20 Milk, Cottage Cheese, Fruit, Beans, Brown Rice Tacos Salad Bar	21 Milk, Cottage Cheese, Fruit, Chicken and Rice Soup, Grilled Cheese Sandwich Salad Bar	22 Milk, Cottage Cheese, Fruit, Goulash, Peas, Roll w/Butter Salad Bar	23 Milk, Cottage Cheese, Fruit, Sweet Potato Fries Fish Patty w/ cheese on Bun, Glazed Carrots
	26 Milk, Cottage Cheese, Fruit, Roasted Brussel Sprouts Italian Dunkers w/ Sauce	27 Milk, Cottage Cheese, Fruit, Beans, Brown Rice (Copy Cat) Chipotle Rice Bar Salad Bar	28 Milk, Cottage Cheese, Fruit, Butternut Squash Soup Corn Bread w/ Butter Salad Bar	29 Milk, Cottage Cheese, Fruit, Chicken Parm w/Pasta Gr. Beans, Roll w/Butter Salad Bar	30 NO SCHOOL Superintendents Conference Day

LUNCH ALTERNATIVE DAILY: Whole Grain Sandwich, Milk, Fruit, Vegetable and Cheese Stick. In the operation of National School Food Programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Department of Agriculture. Please note that our menu is subject tochange based on availability of food items.