

PRICES

Paid Breakfast - \$1.85

Paid Lunch \$2.85

Reduced Breakfast and Lunch - FREE

Milk w/o a meal - \$.65

Adult Breakfast \$2.50 Adult Lunch \$5.00

OCTOBER 2017

Ferrisburgh Central School



LUNCH

Patti Barnes, Manager
Lorrie Blais
Lisa Davis

Monday

PIZZA DAY

Cheese, Pepperoni or Veggie Pizza
Caesar Salad with Romaine
Fruit Selection
Milk

2

Tuesday

HALF DAY Bag Lunches Served

Turkey & Cheese Sandwich
With Lettuce and Tomato
Carrot and Celery Sticks with Dip
Fruit Selection
Milk

3

Wednesday

Macaroni and Cheese

Honey Glazed Carrots
Broccoli
Fruit Selection
Milk

4

Thursday

Honey Lemon Chicken

Mashed Potatoes
Baked Beans
Whole Grain Biscuit
Fruit Selection
Milk

5

Friday

Vegetable Barley Soup

Cheese Quesadillas
Salsa and Sour Cream
Buttery Corn
Fruit Selection
Milk

6

Rotini Pasta w/ Cheese Sauce or Marinara

Roasted Green Beans
Garlic Bread
Cottage Cheese
Fruit Selection
Milk

9

Beef or Bean Burritos with Cheese

on Whole Wheat Tortilla
Roasted Zucchini and Corn
Brown Rice
Fresh Salsa
Fruit Selection
Milk

10

Roasted Pork with Apples

Mashed Potatoes
Steamed Broccoli
Dinner Roll
Fruit Selection
Milk

11

Barbeque Chicken on a Whole Wheat Bun

Butternut Squash
Sweet Peas
Fruit Selection
Milk

12

Baked Potato Bar Ham, Broccoli, Cheddar

Carrot Sticks
Sour Cream
Blueberry Muffin
Fruit Selection
Milk

13

Cheesy Breadsticks w/ Marinara Sauce

Roasted Cauliflower
Fruit Selection
Milk

16

Chicken Tenders w/ BBQ Sauce

Roasted Cauliflower
Baked Beans
Corn Muffin
Fruit Selection
Milk

17

Breakfast for Lunch Cheesy Scrambled Eggs

Sausage
French Toast Sticks
Steamed Broccoli
Fruit Selection
Milk

18

NO SCHOOL

19

NO SCHOOL

20

Grilled Cheese Sandwich

Tomato Tortellini Soup
Three Bean Salad
Fruit Selection
Milk

23

Spaghetti with Meat Balls and Marinara Sauce

Steamed Broccoli
Garlic Brea
Fruit Selection
Milk

24

Chicken and Biscuits with Seasonal Veggies

Roasted Green Beans
Fruit Selection
Milk

25

Hamburger, Cheeseburger Or Veggie Burger

On Whole Wheat Bun
Sweet Potato Fries
Fruit Selection
Milk

26

Broccoli Cheddar Soup Turkey and Cheese Wrap

Veggie Sticks with Dip
Fruit Selection
Milk

27

PIZZA DAY

Cheese, Pepperoni or Veggie Pizza
Caesar Salad with Romaine
Fruit Selection
Milk

30

GHOOOOLASH (Macaroni w/ Meaty Tomato Sauce)

Petrified Peas
Scarrot Salad
Freaky Fruit Salad
Myummy Milk
HAPPY HALLOWEEN!

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Lots of great food is coming from the FCS Garden every day!

We regularly use local products in an effort to provide our students with the healthiest food and to support our local Addison County farmers and producers.



This institution is an equal opportunity provider.