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# SEPTEMBER 2019

Ferrisburgh Central School



Sarah Anderson, Manager  
Lori Blais, Assistant

Monday	Tuesday	Wednesday	Thursday	Friday
<b>NO SCHOOL LABOR DAY</b> 2	<b>Cheesy Breadstick</b> 3 Marinara Sauce Buttery Green Beans Roasted Chick Peas Fruit Selection Milk	<b>BREAKFAST FOR LUNCH</b> 4 Cheesy Scrambled Eggs French Toast Sticks w/ VT Maple Syrup Roasted Red Potatoes Steamed Broccoli Fruit Selection Milk	<b>Mandarin Orange Chicken or Tofu</b> 5 Cabbage and Carrot Stir Fry Brown Rice Fortune Cookie Fruit Selection Milk	<b>Turkey Sandwich on WW Bread with Lettuce</b> 6 Or Hummus and Veggie Wrap Broccoli Cheese Soup Cucumber/Apple Salad Fruit Selection Milk
<b>Whole Grain Cheese Ravioli</b> 9 Primavera Cheesy White Sauce or Marinara Steamed Summer Veggies (Zucchini, Green Beans, Carrot) Cottage Cheese Fruit Selection Milk	<b>Hand Rolled Beef &amp; Cheese Or Bean &amp; Cheese BURRITO</b> 10 On WW Tortilla Brown Rice Corn Chili Roasted Carrots Fruit Selection Milk	<b>PIZZA DAY</b> 11 Cheese, Pepperoni, Veggie Or Chef's Choice Caesar Salad with Croutons Fruit Selection Milk	<b>Misty Knoll Chicken Drumstick Or Baked Tofu w/ BBQ Sauce</b> 12 Baked Beans Roasted Broccoli Dinner Roll Fruit Selection Milk	<b>Baked Potato Bar</b> 13 <b>Baked Potato</b> Ham/Broccoli/Cheese Fixins Cornbread Tomato Cucumber Salad Fruit Selection Milk
<b>Grilled Cheese or Grilled Ham and Cheese</b> 16 Tomato Tortellini Soup Garden Cucumber Spears Fruit Selection Milk	<b>MAKE YOUR OWN</b> 17 Fajita Wrap Seasoned Chicken or Tofu On WW 8" Tortilla Choose: Cheese, Peppers, Onion, Sour Cream, Salsa Rice Corn Fruit Selection Milk	<b>Chicken Alfredo Pasta Or Pasta Alfredo</b> 18 Tender Sweet Peas Sweet Potato Half WW Dinner Roll Fruit Selection Milk	<b>Meatballs or Roasted Veggie Sub Sandwich</b> 19 w/ Mozzarella Cheese Marinara Sauce Roasted Zucchini Chick Pea Salad Fruit Selection Milk	<b>Fish and Chips Breaded Fish Sticks</b> 20 Roasted Potato Wedges Baked Beans Tossed Salad Homemade Muffin Fruit Selection Milk
<b>Macaroni and Cabot Cheese</b> 23 Tender Sweet Peas Roasted Carrot and Sweet Potato Cottage Cheese WG Biscuit Fruit Selection Milk	<b>NACHOS</b> 24 Mexican Beef or Beans Homemade Cheese Sauce Sour Cream Salsa Rice Corn Fruit Selection Milk	<b>PIZZA DAY</b> 25 Cheese, Pepperoni, Veggie Or Chef's Choice Caesar Salad with Croutons White Bean Salad Fruit Selection Milk	<b>Meaty Shepherd's Pie</b> 26 Mashed Potatoes Or Lentils and Greens Garlic Bread Stick Buttery Green Beans Fruit Selection Milk	<b>Turkey Bacon Cheddar Or Hummus and Veggie Wrap</b> 27 Kale Caesar Salad Sliced Cucumbers and Zucchini Heartzel WG Pretzel Fruit Selection Milk
<b>WW Rotini with Meat Sauce or Marinara</b> 30 Garlic Bread Spinach Salad with Strawberry Fruit Selection Milk	<p><b>PRICES</b> Breakfast - \$1.85 Paid Lunch \$2.85 Reduced and Free Lunch - FREE Milk w/o a meal - \$.65 Adult Breakfast \$2.50    Adult Lunch \$5.00</p> <p><b>Please pay for meals in advance or apply for Free meals</b></p> 			



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