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SEPTEMBER 2019

Addison Central School



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Monday

NO SCHOOL LABOR DAY 2

Tuesday

Cheesy Breadstick 3

Wednesday

BREAKFAST FOR LUNCH 4

Thursday

Mandarin Orange Chicken or Tofu 5

Friday

Turkey Sandwich on WW Bread with Lettuce 6

Whole Grain Cheese Ravioli 9

Primavera
Cheesy White Sauce or Marinara
Steamed Summer Veggies
(Zucchini, Green Beans, Carrot)
Cottage Cheese
Fruit Selection
Milk

Hand Rolled Beef & Cheese Or Bean & Cheese BURRITO 10

On WW Tortilla
Brown Rice
Corn
Chili Roasted Carrots
Fruit Selection
Milk

PIZZA DAY 11

Cheese, Pepperoni, Veggie
Caesar Salad with Croutons
Fruit Selection
Milk

Misty Knoll Chicken Drumstick Or Baked Tofu w/ BBQ Sauce 12

Baked Beans
Roasted Broccoli
Dinner Roll
Fruit Selection
Milk

Baked Potato Bar Baked Potato 13

Ham/Broccoli/Cheese Fixins
Cornbread
Cherry Tomato & Cucumbers
Fruit Selection
Milk

Grilled Cheese or Sliced Ham Roll Up 16

Tomato Tortellini Soup
Garden Cucumber Spears
Fruit Selection
Milk

MAKE YOUR OWN 17

Fajita Wrap
Seasoned Chicken or Tofu
On WW 8" Tortilla
Choose: Cheese, Peppers, Onion,
Sour Cream, Salsa
Rice Corn
Fruit Selection Milk

Chicken Alfredo Pasta Or Pasta Alfredo 18

Tender Sweet Peas
Sweet Potato Half
WW Dinner Roll
Fruit Selection
Milk

Meatballs or Roasted Veggie Sub Sandwich 19

w/ Mozzarella Cheese
Marinara Sauce
Roasted Zucchini
Chick Pea Salad
Fruit Selection
Milk

Fish and Chips Breaded Fish Sticks 20

Roasted Potato Wedges
Baked Beans
Tossed Salad
Homemade Muffin
Fruit Selection
Milk

Macaroni and Cabot Cheese 23

Tender Sweet Peas
Roasted Carrot and Sweet Potato
Cottage Cheese
WG Biscuit
Fruit Selection
Milk

NACHOS 24

Mexican Beef or Beans
Homemade Cheese Sauce
Sour Cream Salsa
Rice
Corn
Fruit Selection
Milk

PIZZA DAY 25

Cheese, Pepperoni, Veggie
Caesar Salad with Croutons
White Bean Salad
Fruit Selection
Milk

Meaty Shepherd's Pie 26

Mashed Potatoes
Or Lentils and Greens
Garlic Bread Stick
Buttery Green Beans
Fruit Selection
Milk

Turkey Bacon Cheddar Or Hummus and Veggie Wrap 27

Kale Caesar Salad
Sliced Cucumbers and Zucchini
Heartzel WG Pretzels
Fruit Selection
Milk

WW Rotini with Meat Sauce or Marinara 30

Garlic Bread
Spinach Salad with Strawberry
Fruit Selection
Milk

PRICES
 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

Please pay for meals in advance or apply for Free meals



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