



# ELEMENTARY / INTERMEDIATE LUNCH

## Minisink Valley CSD

### SEPTEMBER 2019

Any Questions or Concerns Contact FSD Marilyn DiGregorio  
845-355-5116 [MDiGregorio@minisink.com](mailto:MDiGregorio@minisink.com)

Looking for a Job Opportunity? Please Contact FSD for More Information

**2 LABOR DAY**

**SCHOOL CLOSED**

**3 SUPERINTENDENT CONFERENCE DAY**

**SCHOOL CLOSED**

**4 First Day Of School**  
Build Your Own Beef or Veggie Burger on a WG Bun w/without Cheese  
Oven Baked French Fries  
Tomato/Cucumber Salad ½ Cup  
Fresh Cantaloupe ½ Cup  
Milk

**5 TACO DAY**  
Soft Tacos w/ Ground Turkey and Cheese  
Tomato Salsa & Sour Cream  
Black Bean Salad ½ Cup  
Roasted Zucchini ½ Cup  
Sweet Corn ½ Cup  
Fresh Apple Wedges ½ Cup  
Milk

**6 PIZZA DAY**  
Cheese Pizza,  
Pepperoni (P) Pizza or Veggie Pizza  
Fresh Broccoli Florets ½ Cup w/ Ranch Dip  
Fresh Pear  
Milk

**9**  
Grilled 3 Cheese Sandwich on WG Bread with or without Ham (P)  
Tomato Soup  
Sweet Potato Fries ½ Cup  
Spinach Salad 1 Cup  
Strawberries ½ Cup  
Milk

**DOLLAR DAY MONDAY**

**10** All Natural  
Chicken Breast Tenders w/ BBQ or Honey Mustard Sauce  
Herb Stuffing  
Sweet Corn ½ Cup  
Sweet Red Pepper Strips ½ Cup  
Ripe Banana  
Milk

**11**  
Spaghetti with Beef Meat Sauce or Marinara Sauce  
Garlic Bread  
Caesar Salad 1 Cup  
Garlic Roasted Chickpeas ½ Cup  
Fresh Pineapple ½ Cup  
Milk

**12**  
General Tso's Chicken  
Pineapple Fried Rice  
Blistered Green Beans ½ Cup  
Roasted Butternut Squash ½ Cup  
Blueberries ½ Cup  
Milk

**13 PIZZA DAY**  
Cheese Pizza,  
Pepperoni (P) Pizza or Veggie Pizza  
Celery and Carrot Sticks ½ Cup  
Honeydew Melon ½ Cup  
Milk

**16 Brunch for Lunch**  
WG French Toast Sticks w/ Maple Syrup  
Chicken Sausage Patty  
Hash Brown Potatoes  
Fresh Baby Carrots ½ Cup  
Fresh Pear  
Milk

**DOLLAR DAY MONDAY**

**17**  
Homemade Baked Macaroni & Cheese  
Lemon Broccoli ½ Cup  
Tomato Cucumber Salad ½ Cup  
Warm Cornbread  
Fresh Orange Wedges ½ Cup  
Milk

**18**  
Chicken Bites Bowl w/ Gravy  
Mashed Potatoes ½ Cup  
Steamed Corn ½ Cup  
WG Breadstick  
Fresh Watermelon ½ Cup  
Milk

**19 Loaded Nachos**  
Ground Beef and Cheese  
Corn Tortilla Chips  
Tomato Salsa & Sour Cream  
Seasoned Brown Rice ½ Cup  
Black Bean Salad ½ Cup  
Blueberries ½ Cup  
Milk

**20 PIZZA DAY**  
Cheese Pizza,  
Pepperoni (P) Pizza or Veggie Pizza  
Roasted Zucchini ½ Cup  
Caesar Salad 1 Cup  
Fresh Pineapple ½ Cup  
Milk

**23**  
Slow Roasted Pulled Pork (P) on a WG Bun  
Baked Beans ½ Cup  
Celery Sticks ½ Cup  
Ranch Dip  
Oven Baked Sweet Potato Fries  
Fresh Apple Wedges ½ Cup  
Milk

**DOLLAR DAY MONDAY**

**24 Baked Potato Bar**  
Topping Choices:  
Beef Chili, Cheddar Cheese, Bacon Bits, Broccoli  
WG Dinner Roll  
Cucumber Rounds ½ Cup  
Honeydew Melon ½ Cup  
Milk

**25**  
Italian Beef Meatball Hero w/ Marinara Sauce & Mozzarella Cheese on a Roll  
Roasted Butternut Squash ½ Cup  
Spinach Salad 1 Cup  
Strawberries ½ Cup  
Milk

**26**  
Chicken and Cheddar Quesadilla w/ Salsa  
Spanish Brown Rice ½ Cup  
Mexicali Corn ½ Cup  
Fresh Cantaloupe ½ Cup  
Milk

**27 PIZZA DAY**  
Cheese Pizza,  
Pepperoni (P) Pizza or Veggie Pizza  
Garlic Cauliflower Rice ½ Cup  
Roasted Zucchini ½ Cup  
Ripe Banana  
Milk

**30 ROSH HASHANAH**

**SCHOOL CLOSED**

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**Lunch Price**  
Full - \$1.85  
Reduced - \$0.00  
Free - \$0.00  
Adult - \$4.00 + Tax

**All Meals Offered With Choice of**  
1% Milk  
Fat Free Milk  
Fat Free Chocolate Milk  
(Antibiotic & Hormone Free)

**OFFERED DAILY**  
**Boars Head Sandwich Selections on WG Bread**  
Ham Or Turkey W/ Cheese, Land O' Lakes Cheese, Sunflower Butter & Jelly  
**Bagel Bag** Bagel, Yogurt, Sting Cheese and/or Hard Boiled Egg  
**Yogurt Parfait W/ Fruit & Granola**  
**Fruit & Veggies:** Apples, Oranges, Bananas, Carrot Sticks, Celery Sticks, Cucumbers & Legume Salad  
**\*\*\*SIDE SALAD OFFERED DAILY\*\*\***

**Salad Selections W/ WG Dinner Rolls**  
**Mon:** Chicken Caesar **Tues:** Turkey Chef  
**Wed:** Tuna or Chicken **Thurs:** Ham Chef (P)  
**Fri:** Cheese & Fruit  
**All Meals Offered with 1 cup of Fruit, Juice and Vegetable**  
**We serve Whole Grains**  
**(P) = PORK PRODUCT**

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