

Any Questions or Concerns Contact FSD Marilyn DiGregorio
 @ 845-355-5116 OR MDiGregorio@minisink.com
 Looking for a Job Opportunity? Please Contact FSD for More Information.

*This Institution is an equal opportunity provider and employer

2 Labor Day School Closed



3 Superintendent Conference Day School Closed

4 First Day Of School
 Southern Chicken and Waffles w/Syrup
 Warm Biscuit
 Crisp Oven Fries ½ Cup
 Grape Tomatoes ½ Cup
 Fresh Apple
 Milk

5
 Soft OR Hard Shell Tacos w/ Chicken or Beef & Cheddar Cheese
 Tomato Salsa
 Spanish Brown Rice
 Black Beans ½ Cup
 Fresh Cantaloupe ½ Cup
 Milk

6
 Baked Ziti with Meat Sauce of Beef, Sausage & Marinara
 Toasted Garlic Bread
 Fresh Broccoli Florets ½ Cup
 Orange Glazed Carrots ½ Cup
 Fresh Blueberries ½ Cup
 Milk

9 Quesadilla with Sautéed Fresh Vegetables and Cheese Salsa
 Celery Sticks ½ Cup
 Spicy Pinto Beans ½ Cup
 Strawberries
 Milk
DOLLAR DAY MONDAY

10
 Homemade Baked Macaroni & Cheese
 Baked Sweet Potato Fries ½ Cup
 Roasted Lemon Broccoli ½ Cup
 Roasted Butternut Squash ½ Cup
 Honeydew Melon ½ Cup
 Milk

11
 Nacho Chips w/Seasoned Turkey & Cheese, Salsa
 Mexican Brown Rice
 Red Pepper Strips ½ Cup
 Sweet Corn ½ Cup
 Fresh Pear
 Milk

12
 Crispy Chicken Parm with Mozzarella, Marinara and Pasta
 Cucumber Coins ½ Cup
 Spinach Salad 1 Cup
 Sweet Grapes ½ Cup
 Milk

13
 Spicy Korean Pulled Pork (P) On a WG Bun
 Roasted Zucchini ½ Cup
 Cabbage Salad ½ Cup
 Fresh Strawberries ½ Cup
 Milk

16 Brunch for Lunch
 Whole Grain French Toast W/ Maple Syrup
 Country Ham (P)
 Fresh Baby Carrots ½ Cup
 Fresh Pineapple ½ Cup
 Milk
DOLLAR DAY MONDAY

17
 Sweet N Sour Chicken With Pineapple, Peppers and Onions
 Fried Brown Rice
 Steamed Corn ½ Cup
 Ripe Banana
 Milk

18
 Pasta w/Homemade Beef Bolognese Sauce
 Toasted Garlic Bread
 Roasted Zucchini ½ Cup
 Caesar Salad 1 Cup
 Fresh Watermelon ½ Cup
 Milk

19
 Beef and Cheddar Cheese Burrito; Salsa
 Seasoned Brown Rice
 Black or Pinto Beans ½ Cup
 Blueberries ½ Cup
 Milk

20
 Roasted Turkey with Gravy
 Whole Grain Dinner Rolls
 Butternut Squash with Apple ½ cup
 Roasted Cauliflower ½ Cup
 Cantaloupe ½ Cup
 Milk

23
 Buffalo Chicken Tender Wrap w/Ranch Dressing
 Sweet Potato Fries ½ Cup
 Steamed Broccoli ½ Cup
 Fresh Apple
 Milk
DOLLAR DAY MONDAY

24 Asian Fusion
 Beef and Vegetable Lo Mein W/ Garlic Soy-Ginger Sauce
 Over Noodles
 Seasoned Fresh Baby Carrots ½ Cup
 Fresh Cherry Tomatoes ½ Cup
 Fresh Pineapple
 Milk

25
 Three Cheese Grilled Cheese Sandwich w/without Turkey Bacon
 Tomato Rice Soup
 Oven Parmesan Fries ½ Cup
 Cucumber Slices ½ Cup
 Sweet Grapes ½ Cup
 Milk

26
 Chicken Fajitas with Roasted Red Peppers and Onions on a Soft Whole Grain Tortilla
 Salsa
 Spanish Brown Rice
 Steamed Corn ½ Cup
 Watermelon ½ Cup
 Milk

27
 Homemade Italian Meatball Hero with Marinara Sauce & Mozzarella Cheese on a WG Roll
 Roasted Chick Pea Salad ½ Cup
 Spinach Salad 1 Cup
 Fresh Pear
 Milk

30 ROSH HASHANAH SCHOOL CLOSED

Daily Fruits & Veggies
 NY Local Apples, Oranges, Bananas; Carrot Sticks, Celery Sticks, Cucumbers, Legume Salad

Lunch Price
 Full - \$2.05
 Reduced - \$0.00
 Free - \$0.00
 Adult \$4.00 + Tax

All meals Offered with a Milk Choice Of:
 1% White
 Fat Free
 Fat Free Chocolate
 (All milk is antibiotic and hormone free)

Made To Order: Boars Head Deli Sandwiches/Cold OR Panini Pressed
Pizza Station: Cheese, Veggie, Pepperoni (P) & Special of the Day
Specials
Mon - Spicy Chicken Patty Or Crispy Chicken Patty On A WG Bun
Tues - Bosco Twin Cheese Stick W/Marinara Sauce
Wed - Hamburger, Cheeseburger Or All Beef Hot Dog On A WG Bun W/ Oven Baked French Fries
Thurs - Cheese Calzone OR Meat Stromboli (May Contain Pork)
Fri - Crispy Chicken Rounds
***Leafy Green Salad Available Daily**

Other Daily Options:
 Grab & Go Salads W/ WG Dinner Roll, Grab & Go Boars Head Sandwiches, Sunflower Seed Butter & Jelly, Fresh Bagel W/ String Cheese & All Natural Yogurt, Yogurt Parfait W/ All Natural Yogurt, Fruit, & Granola (P) = Pork Product
Fruit Cup 12oz - \$2.00
Smoothies - \$2.50
***All Meals Offered W/ 1 Cup of Fruit & 1 Cup of Vegetable, 100% Fruit Juice**
***50% of All Grains Offered are Whole Grain. Whole Grain Dinner Rolls Offered With All Meals**

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*Menus are subject to change