

# OCTOBER 2017

# Spencer Van-Etten Central School

## MONDAY

2  
Chicken Patty served on a Wheat Roll  
Shredded Lettuce, sliced Tomato, Dill Pickle Slices  
Mayonaise  
Steamed Fresh Spinach  
Tater Tots  
Apple Sauce Cups

9  
Columbus Day!  
No School

16  
Sloppy Joe Sandwich served on a Whole Wheat Bun  
Tater Tots  
Steamed Green Peas  
Apple Sauce Cups

23  
Chicken Caesar Salad  
Fresh Cut Field Greens  
Topped with Boneless Chicken Meat, Choice of Vegetables, Cheese  
Seasoned Chic Peas  
Whole Wheat Dinner Roll  
Margarine Pat

30  
Chicken Patty Served on a Whole Wheat Roll  
Shredded Lettuce, Sliced Tomatos, Dill Pickle slices  
Mayonaise  
Scalloped Potatos  
Fresh Vegetable Sticks

## TUESDAY

3  
Open Face Hot Turkey Sandwich served on a Slice of Wheat Bread  
Mashed Potatos  
Turkey Gravy  
Seasoned corn  
Cranberry Sauce  
Assort Fresh fruit

10  
Taco Tuesday!  
Seasoned Ground Beef Served in a Crispy Corn Shell Loaded with Shredded Lettuce, Diced Fresh Tomatos, Lo Fat Cheddar Cheese, Salsa, Lo Fat Sour Cream  
Mexican Beans

17  
Fajita Chicken  
Bonless Seasoned Chicken Meat Served Over Steamed Rice  
Steamed Medley of Fresh Mixed Vegetables  
Whole Wheat Dinner Roll  
Margarine Pat

24  
Spaghetti and Meat Sauce  
Buttered Plain Available  
With Shaker Cheese  
Steamed Seasoned Green Beans  
Home Made Oat Bran Bread  
Margarine Pat

31  
Mom's Meatloaf  
Seasoned Ground Beef, Bread Crumbs, Fresh Eggs, Ketchup and Seasonings  
Mashed Potatos  
Brown Gravy  
Roasted Fresh Carrots and Parsnips

## WEDNESDAY

4  
Hot Dog Served on a Wheat Roll  
Ketchup, Mustard, Relish, Dill Pickle Chips  
Diced Onions at High School and Middle school Only  
French fries  
Red Seedless Graps

11  
Riggies and Meat Sauce  
Garlic Toasted Bread with Melted Mozzarella Cheese  
Seasoned Green Beans  
Oven Roasted Red Bliss Potatos

18  
Build a Sub Day!  
Elem School Turkey Subs ONLY  
High/Middle School Sliced Turkey Breast  
Tunafish or Egg Salad  
Condiment, Mayo, Mustard  
Dill Pickle Chps  
Lett, Tomatos, Pasta Salad

25  
In Our Oriental Wok  
Stir Fried Chicken and Broccoli  
Freshly Made Vegetarian Egg Rolls  
Steamed Rice

## THURSDAY

5  
Brunch Lunch  
French Toast sticks  
Scrambled Eggs  
Sausage Links  
Seasoned Home Fried Potatos  
Fresh Fruit Cups

12  
Chicken Burrito  
Seasoned Chicken Meat Rolled up in a Flour Tortilla Shell  
Mexican Style Corn with Diced Red Peppers  
Beans and Rice

19  
Meatball Subs  
We Make Our Own Meat Balls Here  
Served on Italian Roll  
Saute Fresh Zuchini with Garlic and Olive Oil  
Curly Fries

26  
Cheese Pizza  
Fresh Made Crust  
Sweet Potaoe Fries  
Apple Sauce Cups

## FRIDAY

6  
Cheese or Pepperoni Pizza  
Fresh Made Crust  
Stir Fried Medley of Fresh Vegetable  
Canned Pears in Extra Lite Syrup

13  
All American Grilled Cheese  
Toasted Whole Wheat Bread  
Campbells Tomato Soup  
Sweet Potato Fries  
Fresh Fruit Selections

20  
Cheese Ravoli  
Garlic Toasted Cheesy Bread  
Steamed Seasoned Broccoli and Cauliflower  
Assorted Fresh Fruit Selections

27  
Conference Day  
No School

## A La Carte

P&B Jelly Sandwich  
Fresh Field Green Salads  
Fresh Cut Fruit Cups  
Fresh Whole Fruit Selected  
WWBread&Rolls 51%  
Whole Grain Enriched  
100% Fruit Juice Tue/Thur  
@Elem&Middle School  
High School Juice Everyday  
Skim and Fat Free Choc  
Only Served  
Salad Bar Every Day@High School  
Assort Cold Cereals  
Granola Bars and Grsaham Crackers  
REVERSE SIDE HAS INCOME ELIGIBLTY GUIDELINES FOR FREE AND REDUCED MEALS OR FREE MILK

## School News

Breakfast Menu:  
Mon: Cold Cereal  
Tue: Pancake on a Stick  
Wed: Breakfast Sandwich  
Thur: French Toast/Sausage  
Fri: Fruit Smoothie  
Pricing:  
Breakfast all Schools \$1.25  
Lunch Elementary \$2.30  
High School/Middle \$2.55  
Reduced \$.25  
Adults: \$4.25

## DID YOU KNOW?

More US presidents have been born in October than in any other month.