



Edmeston Central School

October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>PLEASE NOTE ALL BREAKFASTS.... AT E.C.S. INCLUDE MEAT(OR MEAT ALTERNATE) OR BREAD, MILK, FRUIT OR JUICE ALL LUNCHESES....AT E.C.S. INCLUDE MEAT (OR MEAT ALTERNATE), BREAD, FRUIT, VEGETABLE, MILK ** Menu subject to change without notice</p>				
CHOCOLATE CHIP MUFFIN 2 NACHO CHIPS W/ SEASONED MEAT AND CHEESE SAUCE ECS-MIXED GREEN SALAD ECS- FRESH TOMATO SALSA ECS- CORN BREAD BROWN RICE	SAUSAGE + CHEESE BAGEL 3 CHEESE OR 3-CHEESE GARLIC PIZZA ECS- HARVEST SALAD STEAMED CORN ECS- BLACK BEAN SALSA	BACON AND CHEESE MUFFIN 4 HAMBURGER /CHEESEBURGER ON W/W BUN LOCAL FRANCONIA POTATOES ROASTED CAULIFLOWER SPINACH SALAD W/ CHEESE+ EGG	SAUSAGE +CHEESE MUFFIN 5 CHICKEN NUGGETS AND LOCAL BAKED POTATO ROASTED BROCCOLI WHEAT BREAD ECS-MIXED GREEN SALAD	HAM + CHEESE BAGEL 6 BAKED LASAGNA W/ BEEF OR NYS- EGGPLANT PARMESAN ROASTED CARROTS ECS-CAESAR SALAD GARLIC BREAD ECS-CHICK PEA SALAD
NO SCHOOL COLUMBUS DAY 9	CHOCOLATE CHIP MUFFIN 10 CHICKEN TENDERS WHOLE GRAIN GARLIC SPIRALS ROASTED CAULIFLOWER ECS-CAESAR SALAD ECS-BRAISED RED KALE ECS MULTI GRAIN BREAD	SAUSAGE + CHEESE MUFFIN 11 ECS- MEATBALLS W/W PENNE AND TOMATO OR ALFREDO SAUCE ROASTED BROCCOLI ECS- MIXED GREENS SALAD ECS- HUMMUS+ PITA BREAD	HAM + CHEESE BAGEL 12 POPCORN CHICKEN BOWL MASHED+GRAVY,+CORN ROASTED CARROTS ECSGREEK SALAD ECS COUNTRY WHEAT BREAD	BACON AND CHEESE MUFFIN 13 BRUNCH FOR LUNCH BAGEL OR ECS-FRENCH TOAST SAUSAGE / CHEESE OMELET TATER TOTS FRUIT OR JUICE + MILK
CHOCOLATE CHIP MUFFIN 16 MACARONI AND CHEESE OR CHICKEN QUESADILLA ECS CORN BREAD ROASTED BROCCOLI ECS-MIXED GREENS SALAD CHOCOLATE CHIP COOKIE	HAM AND CHEESE MUFFIN 17 CHICKEN NUGGETS WHOLE GRAIN GARLIC SPIRALS ROASTED CARROTS ECS-MIXED GREENS SALAD ECS-CHICK PEA SALAD	SAUSAGE +CHEESE BAGEL 18 HAMBURGER /CHEESEBURGER ON W/W BUN ECS- BUTTERNUT SQUASH ROASTED CAULIFLOWER ECS- GREEK SALAD	BACON +CHEESE BAGEL 19 BRUNCH FOR LUNCH BAGEL OR WAFFLES SAUSAGE / CHEESE OMELET TATER TOTS FRUIT OR JUICE + MILK	20 No School Superintendent's Conference Day
CHOCOLATE CHIP MUFFIN 24 CHICKEN PATTY ON W/W BUN WHOLE GRAIN GARLIC SPIRALS ROASTED CARROTS ECS- GREEK SALAD	HOT HAM + CHEESE BAGEL 25 HAMBURGER /CHEESEBURGER ON A BUN LOCAL FRESH POTATO WEDGES BAKED BEANS ECS-CAESAR SALAD	BACON AND CHEESE MUFFIN 26 TOMATO OR CHICKEN VEGGY SOUP TOASTED CHEESE SANDWICHES CUCUMBER SALAD ECS-MIXED GREENS SALAD	HAM + CHEESE MUFFIN 27 CHEESE OR HOT WING PIZZA STEAMED CORN CAESAR SALAD ECS- BRAISED BEET GREENS ECS-RHUBARB AND BERRY CRISP	SAUSAGE +CHEESE BAGEL 28 BEEF OR CHICKEN HARD TACOS SHREDDED LETTUCE SHREDDED CHEESE +SALSA ECS-CILANTRO BROWN RICE ECS- BLACK BEAN SALSA ECS-CORN BREAD
CHOCOLATE CHIP MUFFIN 30 CHICKEN NUGGETS AND LOCAL BAKED POTATO ROASTED BROCCOLI WHEAT BREAD ECS-MIXED GREEN SALAD	SAUSAGE +CHEESE BAGEL 31 MIDDLE EASTERN DAY LEMON DICED CHICKEN BROWN RICE ECS-GREEK SALAD ECS-HUMMUS AND PITA BREAD	<p>“Food For Thought”- The ECS Food Service Department continually strives to improve the general wellness of our students. To attain that goal, it is very important for parents to communicate by discussing the menu options available. At ECS we offer many daily food choices. We request that parents view the menu and guide their children to the choices they feel are best...</p>		