



Edmeston Central School

October 2016



Monday	Tuesday	Wednesday	Thursday	Friday
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				
C.CHIP /RASPBERRY MUFFIN 3 NACHO CHIPS W/ SEASONED MEAT AND CHEESE SAUCE ECS-MIXED GREEN SALAD ECS- FRESH TOMATO SALSA ECS- CORN BREAD BROWN RICE	SAUSAGE + CHEESE BAGEL 4 CHEESE OR 3-CHEESE GARLIC PIZZA ECS- HARVEST SALAD STEAMED CORN ECS- BLACK BEAN SALSA	BACON AND CHEESE MUFFIN 5 HAMBURGER /CHEESEBURGER ON W/W BUN LOCAL FRANCONIA POTATOES ROASTED CAULIFLOWER ECS-SPINACH SALAD	EGG +CHEESE MUFFIN 6 BAKED LASAGNA W/ BEEF OR NYS- EGGPLANT PARMESAN CAESAR SALAD GARLIC BREAD ECS-CHICK PEA SALAD	SAUSAGE + CHEESE BAGEL 7 CHICKEN NUGGETS AND LOCAL BAKED POTATO ROASTED BROCCOLI WHEAT BREAD ECS-MIXED GREEN SALAD
NO SCHOOL COLUMBUS DAY	HOT HAM + CHEESE BAGEL 11 ECS- MEATBALLS W/ PENNE MULTI GRAIN PASTA AND SAUCE ROASTED BROCCOLI ECS-MULTI GRAIN BREAD ECS- MIXED GREENS SALAD ECS- HUMMUS+ CARROT STICKS	SAUSAGE + CHEESE MUFFIN 12 CHICKEN PATTY ON W/W BUN WHOLE GRAIN GARLIC SPIRALS ROASTED GREEN BEANS CAESAR SALAD ECS-BRAISED RED KALE	EGG AND CHEESE BAGEL 13 POPCORN CHICKEN BOWL MASHED+GRAVY,+CORN ROASTED CARROTS GREEK SALAD ECS COUNTRY WHEAT BREAD	ENGLISH MUFFIN PIZZA 14 BRUNCH FOR LUNCH BAGEL OR WAFFLES SAUSAGE / CHEESE OMELET TATER TOTS FRUIT OR JUICE + MILK
C.CHIP OR BRAN MUFFIN 17 MACARONI AND CHEESE OR CHICKEN QUESADILLA CORN BREAD ROASTED BROCCOLI ECS-MIXED GREENS SALAD CHOCOLATE CHIP COOKIE	EGG AND CHEESE MUFFIN 18 CHICKEN NUGGETS WHOLE GRAIN GARLIC SPIRALS STEAMED BROCCOLI ECS-MIXED GREENS SALAD ECS-CHICK PEA SALAD	SAUSAGE +CHEESE BAGEL 19 HAMBURGER /CHEESEBURGER ON W/W BUN ECS- BUTTERNUT SQUASH ROASTED CAULIFLOWER ECS- GREEK SALAD	HOT HAM +CHEESE BAGEL 20 BEEF OR CHICKEN HARD TACOS SHREDDED LETTUCE SHREDDED CHEESE +SALSA ECS-CILANTRO BROWN RICE ECS- BLACK BEAN SALSA CORN BREAD	BACON +CHEESE MUFFIN 21 CHEESE OR HOT WING PIZZA STEAMED CORN CAESAR SALAD ECS-RHUBARB AND BERRY CRISP
C.CHIP/BLEUBERRY 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 NYS-FRESH POTATO WEDGES BAKED BEANS ECS-CAESAR SALAD	BACON AND CHEESE MUFFIN 26 TOMATO OR CHICKEN VEGGY SOUP TOASTED CHEESE SANDWICHES CUCMBER SALAD ECS-MIXED GREENS SALAD	HAM + CHEESE MUFFIN 27 EARLY DISMISSAL @ 12:00 BRUNCH FOR LUNCH BAGEL OR WAFFLES SAUSAGE / CHEESE OMELET TATER TOTS FRUIT OR JUICE + MILK	28 No School Superintendent's Conference Day
C.CHIP/BLEUBERRY MUFFIN 31 MIDDLE EASTERN DAY LEMON CHICKEN BREAST BROWN RICE ECS-GREEK SALAD ECS-HUMMUS AND PITA BREAD ECS BREAD PUDDING	<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...Bon Appetite!</p>			

