

OCTOBER 2017

Galeton Area School District

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Chicken Stir Fry Egg Roll Rice Fresh Fruit Mandarin or Cherry Blossom Chicken 2 | Bacon Cheeseburger Sweet Potato or French Fries Cucumbers Fresh Fruit Juice 3 | Spaghetti & Meatballs Salad W/Garbanzo Breadsticks Cottage Cheese Fresh Fruit 4 | Ham & Cheese On A Croissant Steamed Vegetables Fresh Fruit Juice 5 | Pepperoni Pizza Vegetable Sticks Dip Fresh Fruit Cupped Fruit 6 |
| NO SCHOOL 9 | Chicken Poppers Mashed Potatoes Corn Dinner Roll Fresh Fruit Juice 10 | Rotini Bake W/Cheese Salad Bread Sticks Fresh Peppers W/Dip Fresh Fruit 11 | Hot Dog Whole Grain Roll Baked Beans Fresh Vegetables Fresh Fruit Juice 12 | Pizza Vegetable Sticks Dip Fresh Fruit Garlic Pizza 13 |
| Perogies Dinner Roll Peas Fresh Vegetables Fresh Fruit 16 | TACO TUESDAY Walking Taco L, T, O Churro Fresh Fruit Juice 17 | BBQ Ribs Whole Grain Roll Baked Beans Applesauce Fresh Vegetables Fresh Fruit 18 | Hamburger Whole Grain Roll Chips Steamed Vegetables Fresh Fruit Juice 19 | Pizza Vegetable Sticks Dip Fresh Fruit Buffalo Chicken Pizza 20 |
| Fish Sticks Coleslaw Steamed Vegetables Bread Sticks Fresh Fruit 23 | Chicken Nuggets Pretzel W/Cheese Steamed Vegetables Fresh Fruit Juice 24 | Sloppy Joes Whole Grain Roll Tator Tots Fresh Fruit Fresh Vegetables, W/Dip Alternate Wednesdays Hamburger 25 | Hamburger Gravy Mashed Potatoes Corn, Dinner Roll Fresh Fruit Juice Alternate Thursdays Buffalo Chicken 26 | Homemade Pizza Vegetable Sticks Dip Fresh Fruit 27 |
| Tomato Soup Grilled Cheese Crackers Mixed Vegetables Mixed Fruit Cottage Cheese Alternate Mondays Grilled Cheese 30 | Chicken Patty Whole Grain Roll Sweet Potato or French Fries Applesauce Juice Alternate Tuesdays Chicken Patty 31 | | | |

What Makes a Meal? You must choose at least 3 of 5 components available for the school lunch price. Choice of Meat or Meal Alternate, Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, And Choice of Milk. *Students must choose one fruit. Available Daily: Fat Free Milk, PBJ, Salad Bar 7-12. Yogurt platter available with salads.