



September 2022 Lunch Menu 6-8 \$1.75

William G. Houston Middle School



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
	6 8" Taco w/ Meat, Lettuce, Cheese and Salsa ----- Diced Carrots 3/4c Fruit 1/2c Milk-8oz	7 Mozzarella Sticks w/ Dipping Sauce ----- Steamed Broccoli 3/4c NYS Peaches -1Piece Milk-8oz	8 Chicken Patty On a Bun ----- Baked Beans 3/4c Fruit 1/2c Milk-8oz	9 Grilled Cheese Sandwich ----- Steamed Corn 1/2c NYS Seasoned Zucchini & Summer Squash 1/2c Fruit 1/2c Milk-8oz
12 Chicken Nuggets ----- Baked French Fries 3/4c NYS Fresh Peach-1 Piece Milk-8oz	13 Taco in a Bag w/Nacho Doritos, Meat, Cheese, and Salsa ----- Corn 1/2c Black Beans 1/2c Fruit 1/2c Milk-8oz	14 Meatball Submarine w/Mozzarella Cheese ----- Green Beans 3/4c NYS Watermelon Slice Milk-8oz	15 Chicken Tenders w/BBQ or Hot Sauce ----- Sweet Potatoes 3/4c Fruit 1/2c Milk-8oz	16 Macaroni and Cheese ----- Steamed Broccoli 3/4c Fruit 1/2c Milk-8oz
19 Chicken Patty On a Bun ----- Baked Beans 3/4c Fruit 1/2c Milk-8oz	20 8" Taco w/Meat, Lettuce, Cheese and Salsa ----- Diced NYS Tomatoes 1/2c Corn 1/2c NYS Fresh Apples-1 Piece Milk-8oz	21 Hamburger or Cheeseburger on a Bun ----- Steamed Broccoli 3/4c Fruit 1/2c Milk-8oz	22 Flatbread Pizza Cheese and Pepperoni ----- NYS Seasoned Zucchini & Summer Squash 3/4c Fruit 1/2c Milk-8oz	23 Grilled Cheese Sandwich ----- Baby Carrots 1/2c NYS Cucumber Coins w/ Cherry Tomatoes 1/2c Fruit 1/2c Milk-8oz
26 Chicken Nuggets ----- Glazed Carrots 3/4c Fruit 1/2c Milk-8oz	27 Nacho Grande w/Tostitos Chips, Meat, Cheese and Salsa ----- Black Bean Salsa 1/2c Corn 1/2c Fruit 1/2c Milk-8oz	28 Hot Dog on a Bun ----- Tater Tots 3/4c Fruit 1/2c Milk 8oz	29 Spaghetti and Meatballs w/Dinner Roll ----- Green Beans 3/4c Fruit 1/2c Milk-8oz	30 Macaroni and Cheese ----- Steamed Broccoli 3/4c NYS Fresh Apple -1 piece Milk-8oz

NYS LOCAL FOODS

- *Upstate Farms Dairy
-milk, yogurt, sour cream
- *LynOaken Farms Apples
- *Local Farm Vegetables and Fruit
used in Meal Program
highlighted in green

In addition to the Entrée of the Day, we also serve the following Items Daily:

- Cheese or Cheese and Pepperoni Pizza (2M-2G)
- 6" Subs Made to Order (2M2G)
- 8" Taco's Beef or Chicken (2M-2G)
- Julienne Salad (Includes Flatbread) 2M2G
- Peanut Butter & Jelly Sandwich (2M2G)
- Fruit & Yogurt Parfait w/Flatbread(2M2G)**

Offered daily with all School Lunches:
Fresh or Prepared Fruit
(Must take 1/2 cup of Fruit or Vegetable – may take up to 1 cup)

NYS State Non or Low Fat White or Non Fat Chocolate Milk 8oz

This institution is an equal opportunity provider and employer.