



Union East Elementary November 2023 PK - 4



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>NYS Cauliflower NYS Winter Squash Brussel Sprouts Pears And Apples</i></p> <p>Harvest of the Month Growing Healthy Students</p> <p>1</p> <p>Cheeseburger On Bun</p> <p>-----</p> <p>Steamed Broccoli 1/2c Fruit 1/2c Milk-8oz</p>		<p>2</p> <p>Mozzarella Sticks With Dipping Sauce</p> <p>-----</p> <p>Peas 1/2c NYS apple-1 piece Milk-8oz</p>	<p>3</p> <p>Breakfast for Lunch French Toast Sticks Sausage Pattie Tater Tots</p> <p>-----</p> <p>Fruit 1/2c Milk-8oz</p>	
<p>6</p> <p>Chicken Patty On Roll</p> <p>-----</p> <p>Green Beans – 3/4C Fresh Fruit -1 piece Milk-8oz</p>	<p>7</p> <p>Taco in A Bag Seasoned Rice</p> <p>-----</p> <p>Corn 3/4C Fruit 1/2c Milk -8oz</p>	<p>8</p> <p>Turkey Hot Dog on Bun</p> <p>-----</p> <p>Baked Beans 1/2c NYS Apple-1Piece Milk-8oz</p>	<p>9</p> <p>Italian Breadsticks With Dipping Sauce</p> <p>-----</p> <p>Broccoli 1/2C Fruit 1/2c Milk-8oz</p>	<p>10</p> <p>VETERANS DAY</p>
<p>13</p> <p>National Chicken Nugget Day Chicken Nuggets w/Seasoned Pasta</p> <p>-----</p> <p>Maple Glazed Carrots 3/4c Fruit 1/2C Milk-8oz</p>	<p>14</p> <p>Nacho Grande</p> <p>-----</p> <p>Black Bean Salad ¾ c NYS Apple -1 Piece Milk-8oz</p>	<p>15</p> <p>Rotini With Meat Sauce</p> <p>-----</p> <p>Corn 3/4C Fresh Fruit 1 piece Milk-8oz</p>	<p>16</p> <p>Cheese Pizza</p> <p>-----</p> <p>NYS Roasted Brussel Sprouts 3/4c NYS Pear-1 Piece Milk -8oz</p>	<p>17</p> <p>NO SCHOOL</p> <p>STAFF DEVELOPMENT DAY</p>
<p>20</p> <p>Macaroni & Cheese</p> <p>-----</p> <p>Broccoli 3/4C Fruit 1/2c Milk-8oz</p>	<p>21</p> <p>Chicken Tenders</p> <p>-----</p> <p>Carrots 3/4C Fruit 1/2c Milk-8oz</p>	<p>22</p> <p><i>No School</i></p> <p><i>Thanksgiving Recess</i></p>	<p>23</p> <p><i>Happy Thanksgiving</i></p>	<p>24</p>
<p>27</p> <p>Cheese Pizza</p> <p>-----</p> <p>Peas 1/2C NYS Fresh Apple-1 Piece Milk-8oz</p>	<p>28</p> <p>Chicken Strips Over Seasoned Rice</p> <p>-----</p> <p>Corn 3/4 C Fruit 1/2c Milk-8oz</p>	<p>29</p> <p>Grilled Cheese Sandwich</p> <p>-----</p> <p>Romaine Salad ½ c Fresh Fruit 1/2c Milk 8oz</p>	<p>30</p> <p>Roasted Turkey Mashed Potatoes With Gravy</p> <p>-----</p> <p>Green Beans 1/2C Fruit 1/2c Milk-8oz</p>	

Offered daily with all School

Lunches:

Fresh Fruit or Fruit Cup
(Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)

NY State Non Fat White or Non Fat Chocolate Milk 8oz

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

Peanut Butter & Jelly Sandwich

Fruit & Yogurt Parfait With Flatbread

Pre-Made Salad (W/Chicken) & Flatbread

Grilled Cheese Sandwich

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