

Gouverneur Middle & High School October Menu 2021

This Institution is an equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast & Lunch Free to all Students!!				1 Boneless Chicken Wings Rice Pilaf Celery Sticks Fruit & Milk
4 French Toast Sticks Roasted Butternut Squash Sausage Fruit & Milk	5 Popcorn Chicken Garlic Breadstick Black Bean Salad Fruit & Milk	6 Homemade Pizza Broccoli Salad Fruit & Milk	7 Chicken & Biscuits Mashed Potatoes Fruit & Milk	8 Buffalo Chicken Bake Cheese Filled Breadstick Cucumber slices Fruit & Milk
11 No School Happy Columbus Day	12 Hotdog or Hamburger on Roll Baked Beans Fruit & Milk	13 Homemade Pizza Cucumber Slices Fruit & Milk	14 "Loaded Potato Bowl" (Popcorn chicken, Mashed potatoes, Gravy, Cheddar cheese) Steamed Corn, Biscuit Fruit & Milk	15 Mac & Cheese Garlic Breadstick Red Pepper Strips Fruit & Milk
18 Chicken Parm Sandwich Waffle Fries Fruit & Milk	19 Tacos w/ Lettuce and Cheese Steamed Carrots Fruit & Milk	20 Homemade Pizza Caesar Salad Fruit & Milk 	21 Pasta With Sauce Iceberg Garden Salad Fruit & Milk	22 Sampler- 3 Boneless Wings, 3 Mozz Sticks, Cheesed filled Breadstick Three Bean Salad Fruit & Milk
25 Pizza Dunkers Three Bean Salad Fruit & Milk	26 Orange Chicken Steamed Rice Steamed Broccoli Fruit & Milk	27 Homemade Pizza Iceberg Garden Salad Fruit & Milk	28 Roasted Turkey Mashed Potatoes Stuffing, Butternut Squash Fruit & Milk	29 Hot Meatball Sub Steamed Carrots Fruit & Milk
<u>Monday's Alternates</u> Chicken Tenders w/ Breadstick Wraps, Chef Salads or PBJ	<u>Tuesday's Alternates</u> Hamburger on Roll Wraps, Chef Salads or PBJ	<u>Wednesday's Alternates</u> Wraps, Chef Salads or PBJ	<u>Thursday's Alternates</u> Chicken Burger on Roll Wraps, Chef Salads or PBJ	<u>Friday's Alternates</u> Baked Haddock Sandwich Wraps, Chef Salads or PBJ
Breakfast Pizza Cereal Fruit or Juice and Milk	Egg & Sausage Sandwich Cereal Fruit or Juice and Milk	<u>Breakfast</u> Pancakes Cereal Fruit or Juice and Milk	Cinnamon Roll Cereal Fruit or Juice and Milk	Frudels or Donuts Cereal Fruit or Juice and Milk