




Gouverneur Middle & High School September Menu 2021

This Institution is an equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast & Lunch Free to all Students!!		1 Staff Development Day	2 Staff Development Day	3
6 Labor Day 	7 Hotdog or Hamburger on Roll Baked Beans Fruit & Milk	8 Homemade Pizza Cucumber Slices Fruit & Milk 	9 "Loaded Potato Bowl" (Popcorn chicken, Mashed potatoes, Gravy, Cheddar cheese) Steamed Corn, Biscuit Fruit & Milk	10 Mac & Cheese Garlic Breadstick Red Pepper Strips Fruit & Milk
13 Chicken Parm Sandwich Waffle Fries Fruit & Milk	14 Tacos w/ Lettuce and Cheese Steamed Carrots Fruit & Milk	15 Homemade Pizza Caesar Salad Fruit & Milk	16 Pasta With Sauce Iceberg Garden Salad Fruit & Milk	17 Sampler- 3 Boneless Wings, 3 Mozz Sticks, Cheesed filled Breadstick Three Bean Salad Fruit & Milk
20 Pizza Dunkers Three Bean Salad Fruit & Milk	21 Orange Chicken Steamed Rice Steamed Broccoli Fruit & Milk	22 Homemade Pizza Iceberg Garden Salad Fruit & Milk	23 Roasted Turkey Mashed Potatoes Stuffing, Butternut Squash Fruit & Milk	24 Hot Meatball Sub Steamed Carrots Fruit & Milk
27 Turkey Bagel Melt Sweet Potato Fries Fruit & Milk	28 Chicken Caesar Salad w/ Garlic Breadstick String Cheese Stick Fruit & Milk	29 Homemade Pizza Three Bean Salad Fruit & Milk	30 Grilled Cheese Sandwich Tomato Soup Steamed Corn 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 Fish 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