

# Gouverneur Middle & High School October Menu 2024

This Institution is an equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please fill out the Free &amp; Reduced Application!! Thank You Breakfast &amp; Lunch are Free to all Students</p>	<p>1 Buffalo Chicken Wrap Garlic Breadstick North Country Carrot Coins w/ Hummus dip Fruit &amp; Milk</p>	<p>2 Homemade Pizza Broccoli Salad Fruit &amp; Milk</p>	<p>3 Chicken &amp; Biscuits Mashed Potatoes Roasted Baby Carrots Fruit &amp; Milk</p>	<p>4 Lasagna Garlic Toast Garden Salad Fruit &amp; Milk</p>
<p>7 Ham &amp; Cheese Croissant or Turkey &amp; Cheese Croissant Fresh Cut French Fries Steamed Broccoli Fruit &amp; Milk</p>	<p>8 Loaded Potato Bowl (Popcorn Chicken, Mashed Potatoes, Cheddar Cheese,) Steamed Corn, Biscuit Fruit &amp; Milk</p>	<p>9 Homemade Pizza Three Bean Salad Fruit &amp; Milk</p>	<p>10 <u>NY THURSDAY MENU</u> Hotdog or Hamburger on Roll Honey Glazed Carrots North Country Apple Slices Assorted NY Milk</p>	<p>11 Buffalo Chicken Bake Cheese Filled Breadstick Cucumber Slices Fruit &amp; Milk</p>
<p>14 <b>Columbus Day</b> No School</p>	<p>15 French Toast Sticks Hash Browns Sausage Fruit &amp; Milk</p>	<p>16 Homemade Pizza Caesar Salad Fruit &amp; Milk </p>	<p>17 <u>NY THURSDAY MENU</u> Pasta with Sauce Roasted North Country Butternut Squash North Country Apple Slices Assorted NY Milk</p>	<p>18 Sampler-3 Mozz Sticks, 3 Boneless Wings, Cheese filled Breadstick Three Bean Salad Fruit &amp; Milk</p>
<p>21 Early Dismissal Bagged Lunches</p>	<p>22 Chicken Caesar Salad w/ Garlic Breadstick String Cheese Stick Fruit &amp; Milk</p>	<p>23 Homemade Pizza Iceberg Garden Salad Fruit &amp; Milk</p>	<p>24 Pulled Pork Salt Potatoes/Cole Slaw Baked Beans Fruit &amp; Milk</p>	<p>25 Quesadilla Refried Beans Red Pepper Strips Fruit &amp; Milk</p>
<p>28 Pizza Dunkers Iceberg Garden Salad Fruit &amp; Milk</p>	<p>29 Orange Chicken Fried Rice/Veggie Egg Roll Herb Roasted Broccoli Fruit &amp; Milk</p>	<p>30 Homemade Pizza Three Bean Salad Fruit &amp; Milk </p>	<p>31 <u>NY THURSDAY MENU</u> Mac &amp; Cheese Garlic Breadstick Maple Glazed Carrots North Country Apple Slices Assorted NY Milk</p>	<p><u>National Farm to School Month</u> Make sure to try our locally grown <b>apples, apple slices and fresh salsa.</b></p>
<p><b>Monday's Alternates</b> Chicken Tenders w/ Breadstick PBJ Sandwich</p>	<p><b>Tuesday's Alternates</b> Hamburger on WW Roll PBJ Sandwich</p>	<p><b>Wednesday's Alternates</b> Chef Salad PBJ Sandwich</p>	<p><b>Thursday's Alternates</b> Chicken Burger on WW Roll PBJ Sandwich</p>	<p><b>Friday's Alternates</b> Baked Haddock Fillet on WW Roll PBJ Sandwich</p>
<p>Egg &amp; Sausage Sandwich Cereal Fruit or Juice &amp; Milk</p>	<p>Homemade Breakfast Pizza Cereal Fruit or Juice &amp; Milk</p>	<p><u>Breakfast</u> Pancakes/Waffles or Cereal Fruit or Juice &amp; Milk</p>	<p>Cinnamon Roll Cereal Fruit or Juice &amp; Milk</p>	<p>Frudel Cereal Fruit or Juice &amp; Milk</p>