Gouverneur Middle & High School October Menu 2023

This Institution is an equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
2 Taco or Taco Salad Corn Black Bean & Cilantro Salsa Fruit & Milk	3 Buffalo Chicken Wrap Garlic Breadstick North Country Carrot Coins w/ Hummus dip Fruit & Milk	4 Homemade Pizza Broccoli Salad Fruit & Milk	5 Chicken & Biscuits Mashed Potatoes Roasted Baby Carrots Fruit & Milk	6 Lasagna Garlic Toast Garden Salad Fruit & Milk
9 No School Columbus Day	10 Loaded Potato Bowl (Popcorn Chicken, Mashed Potatoes, Cheddar Cheese,) Steamed Corn, Biscuit Fruit & Milk	11 Homemade Pizza Three Bean Salad Fruit & Milk	12 NY THURSDAY MENU Hotdog or Hamburg on Roll Honey Glazed Carrots North Country Apple Slices Assorted NY Milk	13 Buffalo Chicken Bake Cheese Filled Breadstick Cucumber Slices Fruit & Milk
16 Chicken Parm Sandwich Iceberg Garden Salad Fruit & Milk 	17 French Toast Sticks Hash Browns Sausage Fruit & Milk	18 Homemade Pizza Caesar Salad Fruit & Milk 	19 NY THURSDAY MENU Pasta with Sauce Roasted North Country Butternut Squash North Country Apple Slices Assorted NY Milk	20 Sampler-3 Mozz Sticks, 3 Boneless Wings, Cheese filled Breadstick Three Bean Salad Fruit & Milk
23 Sweet & Sour Meatball Bowl Steamed Rice Roasted Carrots Fruit & Milk	24 Orange Chicken Steamed Rice Herb Roasted Broccoli Fruit & Milk	25 Homemade Pizza Iceberg Garden Salad Fruit & Milk	26 Roasted Turkey Mashed Potatoes Stuffing – Butternut Squash Fruit & Milk	27 Quesadilla Refried Beans Red Pepper Strips Fruit & Milk
30 Pizza Dunkers Iceberg Garden Salad Fruit & Milk	31 Chicken Caesar Salad w/ Garlic Breadstick String Cheese Stick Fruit & Milk	National Farm to School Month Make sure to try our locally grown **apples**, **apple slices** and **fresh salsa**. All from our own back yard!!!!		Breakfast & Lunch Free to all Students!!
Monday's Alternates Chicken Tenders w/ Breadstick PBJ Sandwich	Tuesday's Alternates Hamburger on WW Roll PBJ Sandwich	Wednesday's Alternates Chef Salad PBJ Sandwich	Thursday's Alternates Chicken Burger on WW Roll PBJ Sandwich	Friday's Alternates Baked Haddock Fillet on WW Roll PBJ Sandwich
Egg & Sausage Sandwich Cereal Fruit or Juice & Milk	Homemade Breakfast Pizza Cereal Fruit or Juice & Milk	Breakfast Pancakes/Waffles or Cereal Fruit or Juice & Milk	Cinnamon Roll Cereal Fruit or Juice & Milk	Frudel Cereal Fruit or Juice & Milk