

# Gouverneur Central October Menu 2025

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 Homemade Pizza Broccoli Salad Fruit &amp; Milk</p>	<p>2 Chicken &amp; Biscuits Mashed Potatoes Roasted Baby Carrots Fruit &amp; Milk</p>	<p>3 Lasagna Garlic Toast Garden Salad Fruit &amp; Milk</p>
<p>6 Ham &amp; Cheese Croissant or Turkey &amp; Cheese Croissant French Fries Steamed Broccoli Fruit &amp; Milk</p>	<p>7 Loaded Potato Bowl (Popcorn Chicken, Mashed Potatoes, Cheddar Cheese,) Steamed Corn, Biscuit Fruit &amp; Milk</p>	<p>8 Homemade Pizza Three Bean Salad Fruit &amp; Milk</p>	<p>9 Hotdog or Hamburger (MS&amp;HS) Italian Sausage (MS&amp;HS) Corn on the Cob Honey Glazed Carrots Fruit &amp; Milk</p>	<p>10 Cheese Tortellini Alfredo with chicken Cheese Filled Breadstick Cucumber Slices Fruit &amp; Milk</p>
<p>13  Columbus Day No School</p>	<p>14 French Toast Sticks Hash Browns Sausage Fruit &amp; Milk</p>	<p>15 Homemade Pizza Caesar Salad Fruit &amp; Milk </p>	<p>16 Pasta w/ Sauce or Pasta w/ garlic butter Garlic Bread Roasted Butternut Squash Fruit &amp; Milk</p>	<p>17 Sampler-3 Mozz Sticks, 3 Boneless Wings, Cheese filled Breadstick Three Bean Salad Fruit &amp; Milk</p>
<p>20 Staff Development Day Early Dismissal Bagged Lunch</p>	<p>21 Chicken Caesar Salad w/ Garlic Breadstick String Cheese Stick Fruit &amp; Milk</p>	<p>22 Homemade Pizza Iceberg Garden Salad Fruit &amp; Milk</p>	<p>23 Buffalo Chicken Bake Cheese filled Breadstick Butternut Squash Fruit &amp; Milk</p>	<p>24 Quesadilla Refried Beans Red Pepper Strips Fruit &amp; Milk</p>
<p>27 Dill Chicken Sandwich w/ Special Sauce Roasted Potatoes Iceberg Garden Salad Fruit &amp; Milk</p>	<p>28 Orange Chicken Fried Rice Herb Roasted Broccoli Fruit &amp; Milk</p>	<p>29 Homemade Pizza Three Bean Salad Fruit &amp; Milk </p>	<p>30 Mac &amp; Cheese w/ Garlic Breadstick Maple Glazed Carrots North Country Apple Slices Assorted NY Milk</p>	<p>31 Grilled Cheese Sandwich Tomato Soup Corn on the Cob Fruit &amp; Milk Happy Halloween</p>
<p>Monday's Alternates Chicken Tenders w/ Breadstick PBJ Sandwich</p>	<p>Tuesday's Alternates Hamburger on WW Roll PBJ Sandwich</p>	<p>Wednesday's Alternates Chef Salad PBJ Sandwich</p>	<p>Thursday's Alternates Chicken Burger on WW Roll PBJ Sandwich</p>	<p>Friday's Alternates 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>Breakfast 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>

Menu subject to change