

Gouverneur Middle & High School September Menu 2024

This Institution is an equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 	3 Staff Development Day	4 Staff Development Day	5 Hotdog or Hamburg on Roll Honey Glazed Carrots Fruit & Milk	6 Buffalo Chicken Bake Cheese Filled Breadstick Cucumber Slices Fruit & Milk
9 Chicken Parm Sandwich Iceberg Garden Salad Fruit & Milk 	10 French Toast Sticks Hash Browns Sausage Fruit & Milk	11 Homemade Pizza Caesar Salad Fruit & Milk 	12 <u>NY THURSDAY MENU</u> Pasta w/ Sauce Roasted North Country Butternut Squash North Country Apple Slices Assorted NY Milk	13 Sampler-3 Mozz Sticks, 3 Boneless Wings Cheese filled Breadstick Three Bean Salad Fruit & Milk
16 Ramen Noodle Bowl w/ Vegetables & Shredded Chicken Carrot Sticks Fruit & Milk	17 Chicken Caesar Salad w/ Garlic Breadstick String Cheese Stick Fruit & Milk	18 Homemade Pizza Iceberg Garden Salad Fruit & Milk	19 Roasted Turkey Mashed Potatoes Stuffing Butternut Squash Fruit & Milk	20 Quesadilla Refried Beans Red Pepper Strips Fruit & Milk
23 Pizza Dunkers Iceberg Garden Salad Fruit & Milk 	24 Orange Chicken Steamed Rice Herb Roasted Broccoli Fruit & Milk	25 Homemade Pizza Three Bean Salad Fruit & Milk 	26 <u>NY THURSDAY MENU</u> Mac & Cheese w/ Garlic Breadstick Maple Glazed Carrots North Country Apple Slices Assorted NY Milk	28 Grilled Cheese Sandwich Tomato Soup Steamed Corn Fruit & Milk
30 Tacos or Taco Salad Corn on the cob Black Bean & Cilantro Salsa Fruit & Milk	<h2>Welcome Back to School!!!!</h2> <h3>Breakfast and Lunch are Free to all!!</h3>		Please fill out the Free & Reduced Application!! Thank You	
<u>Monday's Alternate</u> Chicken Tenders w/ Breadstick PBJ Sandwich	<u>Tuesday's Alternate</u> Hamburger on WW Roll PBJ Sandwich	<u>Wednesday's Alternate</u> Chef Salad PBJ Sandwich	<u>Thursday's Alternate</u> Chicken Burger on WW Roll PBJ Sandwich	<u>Friday's Alternate</u> Baked Haddock Fillet on WW Roll PBJ Sandwich
Egg & Sausage Sandwich Cereal Fruit or Juice & Milk	Homemade Breakfast Pizza Cereal Fruit or Juice & Milk	<u>Breakfast</u> Pancakes/Waffles or Cereal Fruit or Juice & Milk	Cinnamon Roll Cereal Fruit or Juice & Milk	Frudel Cereal Fruit or Juice & Milk