

Gouverneur Central September Menu 2025

This institution is an equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 	2 Staff Development Day	3 Staff Development Day	4 Hotdog or Hamburg (MS&HS) on Roll Honey Glazed Carrots North Country Apple Slices Assorted NY Milk	5 Cheese Tortellini Alfredo w/ buffalo chicken option Cheese Filled Breadstick Cucumber Slices Fruit & Milk
8 Chicken Parm Sandwich Iceberg Garden Salad Fruit & Milk 	9 French Toast Sticks Hash Browns Sausage Fruit & Milk	10 Homemade Pizza Caesar Salad Fruit & Milk 	11 Buffalo Chicken Bake Roasted North Country Butternut Squash North Country Apple Slices Assorted NY Milk	12 Sampler-3 Mozz Sticks, 3 Boneless Wings Cheese filled Breadstick Three Bean Salad Fruit & Milk
15 Ramen Noodle Bowl w/ Vegetables & Shredded Chicken or Beef Carrot Sticks Fruit & Milk	16 Chicken Caesar Salad w/ Garlic Breadstick String Cheese Stick Fruit & Milk	17 Homemade Pizza Iceberg Garden Salad Fruit & Milk	18 Roasted Turkey Mashed Potatoes Stuffing Butternut Squash Fruit & Milk	19 Quesadilla Refried Beans Red Pepper Strips Fruit & Milk
22 Dill Chicken Sandwich w/ Special Sauce Roasted Potatoes Iceberg Garden Salad Fruit & Milk	23 Orange Chicken Steamed Rice Herb Roasted Broccoli Fruit & Milk	24 Homemade Pizza Three Bean Salad Fruit & Milk 	25 Mac & Cheese w/ Garlic Breadstick Maple Glazed Carrots North Country Apple Slices Assorted NY Milk	26 Grilled Cheese Sandwich Tomato Soup Corn on the Cob Fruit & Milk
29 Tacos or Taco Salad Corn on the Cob Black Bean & Cilantro Salsa Fruit & Milk	30 Chicken Tikka Masala over Rice Naan Bread North Country Carrot Coins w/ Humus Dip	Breakfast and Lunch are <u>Free</u> to All Students	Please fill out the Free & Reduced Application!! Thank You	
Monday's Alternate Chicken Tenders w/ Breadstick PBJ Sandwich	Tuesday's Alternate Hamburger on WW Roll PBJ Sandwich	Wednesday's Alternate Chef Salad PBJ Sandwich	Thursday's Alternate Chicken Burger on WW Roll PBJ Sandwich	Friday's Alternate 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