

October 2020

Greenwood Lake UFSD

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast Includes fruit/fruit juice and milk Everyday Choice: Cereal Full price \$1.50
	Honey Bun	Yogurt Parfait	Cereal and muffin	Bagel w/ cream cheese	
			1	2	
			Mozzarella sticks marinara sauce, fresh fruit milk	Grilled cheese sandwich, fries, fresh fruit, milk	
5	6	7	8	9	LUNCH
Deli Sandwich Turkey on a roll, fresh fruit, milk	French toast sticks sausage, hash brown, applesauce, milk	Cheeseburger on a bun, lettuce, pickles, fresh fruit, milk	Chicken patty on a bun, carrot sticks, fruit cup, milk	Pizza garden salad fresh fruit, milk	Including fresh fruit and milk Everyday Choices: Sandwiches: Ham, Ham & cheese, Turkey
12	13	14	15	16	Full price \$2.90
Columbus Day No School	Mozzarella sticks marinara sauce, fresh fruit, milk	Chicken tenders french fries fresh fruit, milk	Meatballs pasta, marinara sauce, bread, fruit, milk	Pizza garden salad fruit cup, milk	
19	20	21	22	23	
Deli Sandwich Ham & cheese on a roll, lettuce, fresh fruit, milk	Cheeseburger on a bun with lettuce, tomato, pickles, fresh fruit, milk	Mozzarella Sticks marinara sauce, fresh fruit milk	Chicken Fajita tortilla, salsa, sour cream, fresh fruit, milk	Pizza garden salad fresh fruit, milk	
26	27	28	29	30	
Deli Sandwich Italian Combo on a roll, chips, fruit, milk	Chicken Nuggets french fries, fresh fruit milk	McRib Sandwich on a bun, pickles, fresh fruit, milk	French toast sticks, sausage, hash brown, applesauce, milk	Pizza garden salad fresh fruit, milk	

MENU SUBJECT TO CHANGE Boars Heads deli meats are offered at GWLUFSD

The Greenwood Lake UFSD is an equal opportunity provider and employer.

Free and Reduced application forms were mailed home in the "WELCOME PACKET" they are also on the school's WEB SITE. New applications must be submitted by October 23rd. Any student who received benefits during the 2019-20 school year may continue to receive benefits until October 23rd. New applications must be submitted by October 2nd. If a new application is NOT processed by OCTOBER 23rd the student will NOT be eligible to continue to receive Free or Reduced meals.