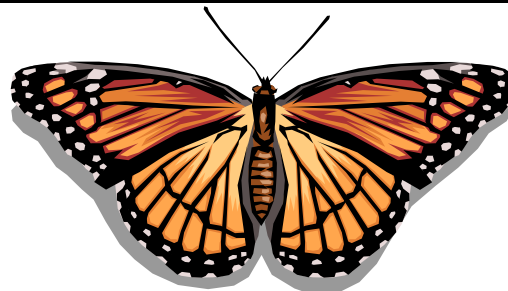


Indian Lake Central School District Cafeteria Menu – September 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day	8 Granola Bar, Fruit, Juice ----- Turkey & Cheese Hero, Sun Chips, Juice, Fruit	9 Muffin Square, Fruit, Juice ----- Taco Salad Bar, Refried Beans, Fruit	10 Toasted Oats, Toast, Jelly, Fruit, Juice ----- Chicken Nuggets, Rice Pilaf, Green Beans, Fruit	11 Sausage & Biscuit, Fruit, Juice ----- Cheese Ravioli, Garlic Bread, Tossed Salad, Fruit
14 Cinnamon Roll, Fruit, Juice ----- Hot Dog on a Bun, Pasta Salad, Sauerkraut, Fruit	15 French Toast, Syrup, Fruit, Juice ----- Chicken & Biscuit, Mashed Potatoes, Cranberry Sauce, Apple Crisp	16 Muffin Square, Fruit, Juice ----- Meatless Ziti, Garden Salad, Garlic Bread, Fruit	17 Bagel, Cream Cheese, Fruit Juice ----- Choice of Soup, Egg Salad or Peanut Butter Sandwich, Carrot Sticks w/ Dip, Brownie	18 Scrambled Eggs, Hash Browns, Fruit, Juice ----- Hamburger on a Bun, Dirty Fries, Lettuce, Tomato, & Onion, Peas, Fruit
21 Breakfast Pizza, Fruit, Juice ----- Chicken Patty on a Bun, Lettuce, Tomato, Cheese, Potato Puffs, Green Beans, Fruit	22 Waffles, Syrup, Fruit, Juice ----- Spaghetti w/ Meat Sauce, Garden Salad, Garlic Bread, Cake	23 English Muffin, Jelly, Fruit, Juice ----- Ham & Cheese Hero, Dirty Fries, Lettuce, Tomato, Onion, Corn, Fruit	24 Sausage & Biscuit, Fruit, Juice ----- Baked Potato, Choice of Topping, Broccoli, Bread Sticks, Fruit	25 Cinnamon Bun, Fruit, Juice ----- Cheese Pizza, Toss Salad, Carrots, Fruit
28 Bagel, Cream Cheese, Fruit, Juice ----- Toasted Cheese Sandwich, Pasta Salad, Juice, Pudding	29 Crisp Rice, Toast, Jelly, Fruit, Juice ----- Chicken Nuggets, Rice Pilaf Peas, Fruit	30 Pancakes, Syrup, Fruit, Juice ----- Choice of Soup, Tuna Fish or Peanut Butter Sandwich, Juice, Cookie	1 English Muffin, Peanut Butter, Fruit, Juice ----- Taco Salad Bar, Refried Beans, Fruit	2 Scrambled Eggs, Hash Browns, Fruit, Juice ----- Fish on a Bun, Potato Puffs, Green Beans, Fruit

*Choice of Milk: Skim, Reduced Fat, Low Fat
Chocolate,
Entrée Alternatives: Peanut Butter and Jelly or
Cheese Sandwiches, Yogurt. Shaker Salad*



*Prepayment available – call (518) 648-5024 for
information.
Menu subject to change without notice.*