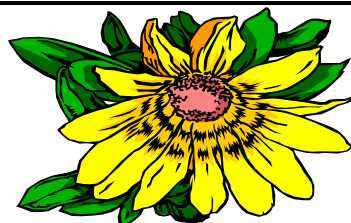


# Indian Lake Central School District Cafeteria Menu – October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			English Muffin, Peanut Butter, Fruit, Juice ----- Taco Salad, Refried Beans, Fruit	Muffin Squares, Fruit, Juice ----- Fish on a Bun, Potato Puffs, Green Beans, Fruit
5	6	7	8	9
Bagel, Cream Cheese, Fruit, Juice ----- Chicken Patty on a Bun, Lettuce, Tomato, & Cheese, French Fries, Green Beans, Fruit	Breakfast Pizza, Fruit, Juice ----- Salisbury Steak, Oven Roasted Potatoes, California Blend, Fruit	English Muffin, Jelly, Fruit, Juice ----- Baked Potato, Choice of Topping, Broccoli, Bread Sticks, Applesauce Cake	Waffles, Syrup, Fruit, Juice ----- Hot Turkey Sandwich, Mashed Potato, Cranberry Sauce, Apple Crisp	<b>Superintendent's Conference Day</b>
12	13	14	15	16
<b>Columbus Day</b>	Bagel, Cream Cheese, Fruit, Juice ----- Spaghetti w/ Meat Sauce, Tossed Salad, Corn, Garlic Bread, Fruit	Cinnamon Roll, Fruit, Juice ----- Choice of Soup, Tuna Fish or Peanut Butter Sandwich, Carrot Sticks w/ Dip, Cookie	English Muffin, Peanut Butter, Fruit, Juice ----- Chicken Fajitas, Spanish Rice, Fruit	Toasted Oats, Toast, Jelly, Fruit, Juice ----- Cheese Pizza, Garden Salad, Peas, Fruit
19	20	21	22	23
Sausage & Biscuit, Fruit, Juice ----- Toasted Cheese, Pasta Salad, Juice, Pudding	Pancakes, Syrup, Fruit, Juice ----- Meatless Ziti, Broccoli, Garlic Bread, Fruit	Breakfast Pizza, Fruit, Juice ----- Hot Dog on a Bun, Sauerkraut, Baked Beans, Fruit	Scrambled Eggs, Hash Brown, Fruit, Juice ----- Chicken & Biscuit, Mashed Potatoes, Cranberry Sauce, Apple Crisp	Muffin Square, Fruit, Juice ----- Turkey & Cheese Hero, Lettuce, Tomato, Onion, Potato Puffs, Green Beans, Fruit
26	27	28	29	30
Crisp Rice, Toast, Jelly, Fruit, Juice ----- Cheese Ravioli, Tossed Salad, Garlic Bread, Pudding	Sausage & Biscuit, Fruit, Juice ----- Chicken Nuggets, Rice Pilaf, Peas, Fruit	French Toast, Syrup, Fruit, Juice ----- Hamburger on a Bun, Lettuce, Tomato, Onion, Cheese, Corn, Potato Salad, Fruit	English Muffin, Jelly, Fruit, Juice ----- Meatloaf, Mashed Potatoes, Carrots, Dinner Roll, Fruit	Cinnamon Roll, Fruit, Juice ----- Cheese Pizza, Garden Salad, 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.*