

# Indian Lake Central School District Cafeteria Menu – November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Plain Bagel, Cream Cheese, Fruit, Juice ----- Fish Sticks, Rice Pilaf, Broccoli, Fruit	Pancake, Syrup, Fruit, Juice ----- Spaghetti w/ Meat sauce, Tossed Salad, Garlic Bread, Fruit	Breakfast Pizza, Fruit, Juice ----- Chicken & Biscuit, Mashed Potatoes, Peas, Cranberry Sauce, Apple Crisp	Muffin Square, Fruit, Juice ----- Meatball Sub, French Fries, Garden Salad, Fruit	English Muffin, Jelly, Fruit, Juice ----- Chicken Patty on a Bun, Lettuce, Tomato, Cheese, Potato Puffs, Corn, Fruit
<b>9</b>	<b>10</b>	<b>11</b> <b>Veteran's Day</b>	<b>12</b>	<b>13</b>
Waffles, Syrup, Fruit, Juice ----- Toasted Cheese, Carrots, Pasta Salad, Brownie	Cinnamon Roll, Yogurt, Fruit, Juice ----- Mexican Lasagna, Tossed Salad, Fruit		English Muffin, Peanut Butter, Fruit, Juice ----- Ham Steak, Scalloped Potatoes, Carrots, Fruit	Sausage & Biscuit, Juice ----- Chicken Nuggets, Rice Pilaf, Peas, Fruit
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Muffin Square, Cheese Stick, Fruit, Juice ----- Cheese Ravioli, Tossed Salad, Garlic Sticks, Fruit	Toasted Oats, Toast, Jelly, Fruit, Juice ----- Turkey & Cheese Hero, Lettuce, Tomato, Onion, French Fries, Green Beans, Pudding	Breakfast Pizza, Fruit, Juice ----- Hot Dog, Baked Beans, Sauerkraut, Fruit	English Muffin, Peanut Butter, Fruit, Juice ----- Chicken Bake, Garden Salad, Dinner Roll, Frosted Cake	Plain Bagel, Cream Cheese, Fruit, Juice ----- Cheese Pizza, Garden Salad, Green Beans, Fruit
<b>23</b>	<b>24</b>	<b>25</b> <b>Thanksgiving Recess</b>	<b>26</b> <b>Thanksgiving Recess</b>	<b>27</b> <b>Thanksgiving Recess</b>
French Toast, Syrup, Fruit, Juice ----- Hot Turkey Sandwich, Mashed Potatoes, Cranberry Sauce, Apple Crisp	Crisped Rice, Toast, Jelly, Fruit, Juice ----- Hamburger on a Bun, Potato Puffs, Corn, Lettuce, Tomato, Onion, Fruit			
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Waffles, Syrup, Fruit, Juice ----- Chicken Nuggets, Rice Pilaf, Corn, Fruit	Breakfast Pizza, Fruit, Juice ----- Choice of Soup, Tuna Fish or Peanut Butter Sandwich, Juice, Brownie	Plain Bagel, Cream Cheese, Fruit, Juice ----- Sloppy Joe, French Fries, Green Beans, Pudding	Muffin Square, Cheese Stick, Fruit, Juice ----- Taco Salad, Refried Beans, Fruit	Cinnamon Roll, Yogurt, Fruit, Juice ----- Fish Sticks, Mashed Potatoes, Peas, Fruit

*Choice of Milk: Reduced Fat, Low Fat Chocolate,  
Skim  
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.*