

Indian Lake Central School District Cafeteria Menu – December 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast, Pizza, Fruit, Juice ----- Choice of Soup, Tuna Fish, or Peanut Butter Sandwich, Juice, Brownie	2 Plain Bagel, Cream Cheese, Fruit, Juice ----- Sloppy Joe, French Fries, Green Beans, Pudding	3 Muffin Square, Cheese Stick, Fruit, Juice ----- Taco Salad, Refried Beans, Fruit	4 Cinnamon Roll, Yogurt, Fruit, Juice ----- Fish Stick, Mashed Potatoes, Peas, Fruit
7 Toasted Oats, Toast, Jelly, Fruit, Juice ----- Hot Dog on a Bun, Baked Beans, Sauerkraut, Fruit	8 Waffles, Syrup, Fruit, Juice ----- Spaghetti w/ Meat Sauce, Garlic Bread, Tossed Salad, Fruit	9 Sausage & Biscuit, Fruit, Juice ----- Baked Potato, Choice of Topping, Broccoli, Garlic Bread Stick, Fruit	10 Plain Bagel, Cream Cheese, Fruit, Juice ----- Hot Turkey Sandwich, Mashed Potatoes, Carrots, Applesauce Cake	11 English Muffin, Jelly, Fruit, Juice ----- Cheese Pizza, Garden Salad, Corn, Fruit
14 French Toast, Syrup, Fruit, Juice ----- Meatball Sub, Potato Puffs, Green Beans, Fruit	15 Muffin Square, Yogurt, Fruit, Juice ----- Choice of Soup, Egg Salad or Peanut Butter Sandwich, Carrot Stick w/ Dip, Cookie	16 Scrambled Eggs, Hash Browns, Fruit, Juice ----- Salisbury Steak, Oven Baked Potatoes, California Blend, Fruit	17 Cinnamon Roll, Yogurt, Fruit, Juice ----- Taco Salad, Spanish Rice, Fruit	18 English Muffin, Peanut Butter, Fruit, Juice ----- Chicken Patty on a Bun, Lettuce, Tomato, Cheese, French Fries, Peas, Fruit
21 Breakfast Pizza, Fruit, Juice ----- Toasted Cheese, Pasta Salad, Juice, Fruit	22 Muffin Squares, Yogurt, Fruit, Juice ----- Chicken & Biscuit, Mashed Potatoes, Cranberry Sauce, Apple Crisp	23 Plain Bagel, Cream Cheese, Fruit, Juice ----- Ham & Cheese Hero, Lettuce, Tomato, Onion, Sun Chips, Fruit	24 Holiday Recess	25 Holiday Recess
28 Holiday Recess	29 Holiday Recess	30 Holiday Recess	31 Holiday Recess	

*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.*