

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. Spanish Rice Fancy Vegetables Fruit</p>	<p>4. Kielbasa & Sauerkraut Pierogis Carrots Fruit</p>	<p>5. Chicken Pot Pie Fruit</p>	<p>6. Swedish Meatballs Over Egg Noodles Asparagus Fruit</p>	<p>7. Hot Italian Sub Three Bean Salad Baked Chips Fruit</p>
<p>10. Ham & Cheese on Whole Wheat Thins Tomato Soup Peas Fruit</p>	<p>11. Homemade Tuna Noodle Casserole With veggies Fruit</p>	<p>12. Beef Tips & Broccoli Over Rice Fruit</p>	<p>13. Homemade Vegetable Lasagna w/ white sauce Fruit</p>	<p>14. Chicken Caesar Salad With a Wheat Roll Fruit</p>
<p>17. Homemade Sausage Gravy Over a Biscuit Mixed Veggies Fruit</p>	<p>18. Homemade Meatball Subs corn Fruit</p>	<p>19. Chicken Parm With a side of Spaghetti California Blend Veggies Fruit</p>	<p>20. Homemade Beef Stew Biscuit Fruit</p>	<p>21. Egg Salad on Whole Wheat Broccoli w/Dip Baked Chips Fruit</p>
<p>24. Baked Ziti Brussel Sprouts Fruit</p>	<p>25. Homemade Turkey Stew & Dumplings Fruit</p>	<p>26. Homemade Italian Wedding Soup PBJ on a Wheat Thin Fruit</p>	<p>27. Homemade Creamy White Chili With Chicken Corn Muffin Fruit</p>	<p>28. Pizza Cucumber & Tomato Salad Fruit</p>
<p>31. Homemade Macaroni and Cheese Broccoli Fruit</p>	<p>Contact with kitchen with any questions or needs at (315) 829-8154</p> <p>OCTOBER 2022</p>			<p>LUNCHESES SERVED DAILY AT NOON, TAKE-OUTS CAN BE PICKED UP BETWEEN 12-12:30 RESERVATIONS MUST BE MADE ONE WEEK IN ADVANCE. ALTERNATE SANDWICH OF CHEESE OR PB&J MUST BE REQUESTED BY 9:30AM THE SAME DAY. MILK AND JUICE WILL BE AVAILABLE DAILY.</p>
