



Scotia-Glenville High School & Middle School: LUNCH MENU

Full pay student cost is \$3.00 Staff meal cost is \$5.45

Sept 11 - Sept 15, 2023

Offered Daily: Yogurt and Berry Parfait with Nut Free Granola, Yogurt Smoothies with 2 Grains, Milk variety including Chocolate Skim, White Skim and 1% White, Hummus with Pita Wedges & Fresh Vegetables, and a Bagel/Yogurt/String Cheese/Veggie Comb.

If you have a food allergy, please notify us.

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Entrée					
create	Sweet & Sour Chicken over Brown Rice Whole Grain Dinner Roll Steamed Broccoli Green Beans	Taco Tuesday Bar Beef Nachos and Tacos Tortilla Chips or Taco Shells Lettuce, Tomatoes, Cheese Sour Cream & Salsa Black Beans	Beef Chili Dogs on a Whole Grain Roll Spinach and Veggie Salad Baked Beans	Baked Mac and Cheese Whole Grain Roll Tater Tots Steamed Carrots	Personal Pan Pizzas with Assorted Toppings Brown Rice Mixed Green Salad Steamed Green Beans Green and Red Peppers	
	2mato					
		Meatball Pizza Cheese Pizza Pepperoni* Pizza	Bagel Pizza Cheese Pizza Pepperoni* Pizza	Cheese Calzone Cheese Pizza Pepperoni* Pizza	Buffalo Chicken Pizza Cheese Pizza Pepperoni* Pizza	Broccoli Pizza Cheese Pizza Pepperoni* Pizza
		Fruits & Vegetables <i>Apples, Oranges, Bananas, Carrots, Celery, and Cucumbers are offered daily.</i>				
	Brown Rice Tater Tots Green Beans Apple	Spinach Salad Black Beans Steamed Corn Orange	Spinach and Veggie Salad Whole Grain Roll Baked Beans Banana	Vegetarian Beans Steamed Carrots Tater Tots Apple	Brown Rice Steamed Green Beans Tater Tots Green and Red Peppers Oranges	
	Make Your Own Sandwich or Salad Bar					
SO DELI	Choices of Protein: Boars Head Turkey or Ham* Salami, Buffalo Chicken Hummus Popcorn or Diced Chicken		Choice of Cheese: American Mozzarella Provolone		Choice of Toppings: Lettuce, Spinach, Tomatoes Carrots, Peppers, and Cucumbers Variety of Dressings	
	Sandwiches Served on a Choice of Breads, Rolls Or Wraps... Salads Served with WG Dinner Rolls					
	On The Go					
ON THE GO	Turkey and Cheese Wrap	Ham & Cheese Wrap	Turkey & Cheese Wrap	Ham & Cheese Wrap	Chicken Ranch Wrap	
	Chicken Caesar Salad Served w/WG Dinner Rolls	Spinach and Lettuce Salad w/ String Cheese Served w/WG Dinner Rolls	Chicken Caesar Salad Served w/WG Dinner Rolls	Southwest Black Bean Salad Served w/WG Dinner Rolls	Cheddar Mozzarella Salad Served w/WG Dinner Rolls	
	Grill					
grill'd	Cheese Stuffed Breadsticks w/ Marinara	Cheese Stuffed Breadsticks w/ Marinara	Breaded Mozzarella Sticks w/ Marinara	Cheese Stuffed Breadsticks w/ Marinara	Breaded Mozzarella Sticks w/ Marinara	
	Chicken Patty on a Whole Grain Roll	Chicken Patty on a Whole Grain Roll	Chicken Patty on a Whole Grain Roll	Chicken Patty on a Whole Grain Roll	Chicken Patty on a Whole Grain Roll	
	Cheeseburger on a Whole Grain Roll	Cheeseburger on a Whole Grain Roll	Cheeseburger on a Whole Grain Roll	Cheeseburger on a Whole Grain Roll	Cheeseburger on a Whole Grain Roll	
	Chicken Nuggets w/ a Whole Grain Roll	Chicken Nuggets w/ a Whole Grain Roll	Chicken Nuggets w/ a Whole Grain Roll	Chicken Nuggets w/ a Whole Grain Roll	Chicken Nuggets w/ a Whole Grain Roll	

Dark Leafy Green Salad Served Daily * = contains pork *This Institution is an equal opportunity employer and provider*



Scotia-Glenville High School & Middle School: LUNCH MENU

Full pay student cost is \$3.00 Staff meal cost is \$5.45

Sept 18 - Sept 22, 2023

Offered Daily: Yogurt and Berry Parfait with Nut Free Granola, Yogurt Smoothies with 2 Grains, Milk variety including Chocolate Skim, White Skim and 1% White, Hummus with Pita Wedges & Fresh Vegetables, and a Bagel/Yogurt/String Cheese/Veggie Comb.

If you have a food allergy, please notify us.

	Monday	Tuesday	Wednesday	Thursday	Friday
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create	Entrée				
	Beef Meatball Sub on a Whole Grain Roll Steamed Broccoli Green Beans Applesauce Pears	Taco Tuesday Bar Beef Nachos and Tacos Tortilla Chips or Taco Shells Lettuce, Tomatoes, Cheese Sour Cream & Salsa Black Beans Pineapple	Popcorn Chicken with Mashed Potatoes and Gravy Seasoned Corn Peach Cups Banana Blueberries	General Tso's Chicken Brown Rice Tater Tots Seasoned Broccoli Mixed Berry Cup Cantaloupe	Personal Pan Pizza w/ Assorted Toppings Whole Grain Dinner Roll Steamed Green Beans Baby Carrots Orange

eat	2mato				
	Meatball Pizza Cheese Pizza Pepperoni* Pizza	Bagel Pizza Cheese Pizza Pepperoni* Pizza	Cheese Calzone Cheese Pizza Pepperoni* Pizza	Buffalo Chicken Pizza Cheese Pizza Pepperoni* Pizza	Broccoli Pizza Cheese Pizza Pepperoni* Pizza

Fruits & Vegetables
Apples, Oranges, Bananas, Carrots, Celery, and Cucumbers are offered daily.

extra	Fruits & Vegetables				
	Brown Rice Tator Tots Green Beans Apple	Refried Beans Seasoned Corn Tater Tots Oranges	Mashed Potatoes Steamed Corn Tator Tots Bananas	Brown Rice Tator Tots Seasoned Broccoli Apples	Whole Grain Dinner Roll Tator Tots Steamed Green Beans Baby Carrots Orange

Make Your Own Sandwich or Salad Bar

SO DELI	<u>Choices of Protein:</u>	<u>Choice of Cheese:</u>	<u>Choice of Toppings:</u>
	Boars Head Turkey or Ham* Salami, Buffalo Chicken Hummus Popcorn or Diced Chicken	American Mozzarella Provolone	Lettuce, Spinach, Tomatoes Carrots, Peppers, and Cucumbers Variety of Dressings

Sandwiches Served on a Choice of Breads, Rolls Or Wraps... Salads Served with WG Dinner Rolls

ON THE GO	On The Go				
	Turkey and Cheese Wrap Chicken Caesar Salad Served w/WG Dinner Rolls	Ham & Cheese Wrap Spinach and Lettuce Salad w/ String Cheese Served w/WG Dinner Rolls	Turkey & Cheese Wrap Chicken Caesar Salad Served w/WG Dinner Rolls	Ham & Cheese Wrap Southwest Black Bean Salad Served w/WG Dinner Rolls	Turkey & Cheese Wrap Tomato & Mozzarella Salad Served w/WG Dinner Rolls

grill'd	Grill				
	Breaded Mozzarella Sticks w/ Marinara Chicken Patty on a Whole Grain Roll Cheeseburger on a Whole Grain Roll Chicken Nuggets w/ a Whole Grain Roll	Breaded Mozzarella Sticks w/ Marinara Chicken Patty on a Whole Grain Roll Cheeseburger on a Whole Grain Roll Chicken Nuggets w/ a Whole Grain Roll	Breaded Mozzarella Sticks w/ Marinara Chicken Patty on a Whole Grain Roll Cheeseburger on a Whole Grain Roll Chicken Nuggets w/ a Whole Grain Roll	Cheese Stuffed Breadsticks w/ Marinara Chicken Patty on a Whole Grain Roll Cheeseburger on a Whole Grain Roll Chicken Nuggets w/ a Whole Grain Roll	Breaded Mozzarella Sticks w/ Marinara Chicken Patty on a Whole Grain Roll Cheeseburger on a Whole Grain Roll Chicken Nuggets w/ a Whole Grain Roll

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Scotia-Glenville High School & Middle School: LUNCH MENU

Full pay student cost is \$3.00 Staff meal cost is \$5.45

Sept 25 - Sept 29, 2023

Offered Daily: Yogurt and Berry Parfait with Nut Free Granola, Yogurt Smoothies with 2 Grains, Milk variety including Chocolate Skim, White Skim and 1% White, Hummus with Pita Wedges & Fresh Vegetables, and a Bagel/Yogurt/String Cheese/Veggie Comb.

If you have a food allergy, please notify us.

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Whole Grain	Taco Tuesday Bar	Teriyaki Glazed Chicken	Baked Mac and Cheese	Personal Pan Pizza
	Chicken Corn Dogs	Beef Nachos and Tacos	over Brown Rice	Whole Grain Roll	with Assorted Toppings
	Baked Beans	Tortilla Chips or Taco Shells	Whole Grain Dinner Roll	Tater Tots	Brown Rice
	Steamed Green Beans	Lettuce, Tomatoes, Cheese	Steamed Broccoli	Steamed Carrots	Lettuce and Tomato Salad
	Zucchini	Sour Cream & Salsa	Strawberries	Fresh Apple	Steamed Green Beans
Fresh Apple	Seasoned Black Beans	Roasted Cinnamon	Honeydew Melon	Sliced Cucumbers	
Grapes		Sweet Potatoes		Watermelon	

	Monday	Tuesday	Wednesday	Thursday	Friday
2mato	Meatball Pizza	Bagel Pizza	Cheese Calzone	Buffalo Chicken Pizza	Broccoli Pizza
	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
	Pepperoni* Pizza	Pepperoni* Pizza	Pepperoni* Pizza	Pepperoni* Pizza	Pepperoni* Pizza

	Monday	Tuesday	Wednesday	Thursday	Friday
EXTRA EXTRA	Steamed Green Beans	Seasoned Black Beans	Tater Tots	Spinach and Veggie Salad	Lettuce and Tomato Salad
	Seasoned Zucchini	Steamed Corn	Whole Grain Dinner Roll	Whole Grain Dinner Roll	Whole Grain Dinner Roll
	Tater Tots	Grape Tomatoes	Steamed Green Beans	Steamed Carrots	Steamed Green Beans
	Sliced Cucumbers	Cucumber Coins	Applesauce	Fresh Celery Sticks	Sliced Cucumbers
	Fresh Apple	Oranges	Bananas	Fresh Apple	Oranges

Make Your Own Sandwich or Salad Bar

SO DELI	Choices of Protein:	Choice of Cheese:	Choice of Toppings:
	Boars Head Turkey or Ham*	American	Lettuce, Spinach, Tomatoes
	Salami, Buffalo Chicken	Mozzarella	Carrots, Peppers, and
	Hummus	Provolone	Cucumbers
Popcorn or Diced Chicken		Variety of Dressings	

Sandwiches Served on a Choice of Breads, Rolls Or Wraps... Salads Served with WG Dinner Rolls

	Monday	Tuesday	Wednesday	Thursday	Friday
ONE GO	Turkey & Cheese Wrap	Ham & Cheese Wrap	Turkey & Cheese Wrap	Ham & Cheese Wrap	Turkey & Cheese Wrap
	Chicken Caesar Salad	Spinach and Lettuce Salad w/ String Cheese	Chicken Caesar Salad	Southwest Black Bean Salad	Tomato & Mozzarella Salad
	Served w/WG Dinner Rolls	Served w/WG Dinner Rolls	Served w/WG Dinner Rolls	Served w/WG Dinner Rolls	Served w/WG Dinner Rolls

	Monday	Tuesday	Wednesday	Thursday	Friday
grill'd	Breaded Mozzarella Sticks	Breaded Mozzarella Sticks	Breaded Mozzarella Sticks	Cheese Stuffed Breadsticks	Breaded Mozzarella Sticks
	w/ Marinara	w/ Marinara	w/ Marinara	w/ Marinara	w/ Marinara
	Chicken Patty	Chicken Patty	Chicken Patty	Chicken Patty	Chicken Patty
	on a Whole Grain Roll	on a Whole Grain Roll	on a Whole Grain Roll	on a Whole Grain Roll	on a Whole Grain Roll
	Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger
	on a Whole Grain Roll	on a Whole Grain Roll	on a Whole Grain Roll	on a Whole Grain Roll	on a Whole Grain Roll
Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	
w/ a Whole Grain Roll	w/ a Whole Grain Roll	w/ a Whole Grain Roll	w/ a Whole Grain Roll	w/ a Whole Grain Roll	

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Chartwells School Dining Services at Scotia-Glenville High School and Middle School
Breakfast Menu May 1 - May 31, 2023

Full pay student meals are \$1.50 Staff meals are \$2.93

Milk \$.65

Milk choices include 1% white, skim and skim chocolate



Fresh Blueberry and Chocolate Chip Muffins

Cereal Comes with a Choice of:
 Toast, Yogurt or Cheese Stick

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Egg, Ham* and Cheese Burrito	2 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Whole Grain Waffles with Syrup	3 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Egg, Ham* and Cheese Burrito	4 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Whole Grain French Toast Sticks w/ Syrup	5 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Whole Grain Waffles with Syrup
8 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Egg, Ham* and Cheese Burrito	9 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Whole Grain Waffles with Syrup	10 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Egg, Ham* and Cheese Burrito	11 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Whole Grain French Toast Sticks w/ Syrup	12 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Whole Grain Waffles with Syrup
15 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Whole Grain French Toast Sticks w/ Syrup	16 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Egg, Ham* and Cheese Burrito	17 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Whole Grain Waffles with Syrup	18 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Egg, Ham* and Cheese Burrito	19 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Whole Grain French Toast Sticks w/ Syrup
22 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Egg, Ham* and Cheese Burrito	23 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Whole Grain Waffles with Syrup	24 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Egg, Ham* and Cheese Burrito	25 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Egg, Ham* and Cheese Burrito	26 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich
29 Memorial Day No School Today	30 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Egg, Ham* and Cheese Burrito	31 Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich Whole Grain Waffles with Syrup	All Breakfast Meals are Served with: 100% Juice , Fresh Fruit & Choice of Milk Yogurt parfaits with granola available daily.	



Go to [MyPlate.gov](https://www.MyPlate.gov) for online personal wellness resources for you and your family.

Questions or comments? Please call Scott Stowell, Dining Services Director at 518-382-1259

* = product contains pork

This Institution is an Equal Opportunity Provider & Employer

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.