





# OCTOBER 2025

## Elementary School

### L'il Hawk Cafe

|  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |   |
|--|--|--|--|---|--|---|
| <b>ALL student meals are FREE</b><br><br><b>2nd MEAL PRICING</b><br>Breakfast: \$1.50<br>Lunch: \$2.50<br>Adult \$ 5.22 + tax    | <b>All breakfasts include fruit, juice and milk</b><br><b>All lunches include fruit and milk</b>     | Special Treats such as Cookies are <b>included in the lunch meal.</b><br>For students who bring a lunch, these treats are available to <b>purchase a la carte.</b> | 1 Sausage, Egg & Cheese on a Croissant<br>~~~~~<br>Chicken alfredo<br>Broccoli                                   | 2 Yogurt cereal bar<br>~~~~~<br>grilled cheese<br>tomato soup<br>carrot/celery stick  | 3 Raised & Glazed Donuts<br>~~~~~<br>Cheese Pizza<br>mixed vegetable                               |              |
| <b>Daily Alternates:</b><br><br>Grab & Go Breakfast<br>Freshly Made Deli Sandwiches/<br>Salads<br>PB&J Meal Kit<br>Protein Packs | 6 Assorted Cereal<br>Pop Tart<br>~~~~~<br>Chicken Nuggets<br>Sweet Potato Fries<br>Roll w/ butter    | 7 Bagel<br>Cream Cheese<br>~~~~~<br>chicken quesadilla<br>Broccoli   | 8 Cinnamon Bun<br>~~~~~<br>taco salad<br>garlic toast<br>corn/bean salad   | 9 strawberry cream cheese bagel<br>~~~~~<br>fish sticks<br>corn<br>dinner roll  | 10 Scrambled Eggs<br>Bacon & Toast<br>~~~~~<br>pizza<br>Garden Salad<br><b>BIG APPLE CRUNCH</b>    | Check out the <b>'Talk To Me Tuesday'</b> Suggestion Box  |
|    | 13 <b>NO SCHOOL</b><br><br>National School Lunch Week<br>Celebrate with meals from around the world! | 14 Mini Maple Waffles<br>~~~~~<br>A day in <b>MEXICO</b><br>Walking Taco<br>Mexi Bean Salad<br>Churros w/ cinnamon   | 15 Chocolate Chip Muffin<br>~~~~~<br>A day in <b>Germany</b><br>Hot dog on a bun<br>roasted potatoes/green beans | 16 Bagel w/ Cream Cheese<br>~~~~~<br>A day in the <b>USA</b><br>cheeseburger on bun<br>glazed carrots - pasta salad<br>Baked apples | 17 Pancakes w/syrup<br>~~~~~<br>A day in <b>ITALY</b><br>Lasagna roll ups<br>salad<br>Garlic Toast |             |
| <b>MY SCHOOL BUCKS</b><br>Online Payments  | 20 French Toast<br>~~~~~<br>Chicken Tenders<br>broccoli salad<br>dinner roll                         | 21 Donut<br>~~~~~<br>Meatballs in sauce<br>garlic knot<br>Green Beans  | 22 Waffle Wednesday<br>~~~~~<br><b>Dipper Day!</b><br>Mozzarella Sticks - pretzel stick<br>Crinkle Fries         | 23 Cheesy Eggs toast<br>~~~~~<br>chicken & waffles<br>red pepper strips   | 24 cini mini<br>~~~~~<br>bosco sticks<br>Garden Salad  | Need Help? Have Questions?<br><br>Kolby Tator, Food Service Director<br>(518) 753-4458 ext-2516 |
| Visit <b>myschoolbucks.com</b> to add funds and manage your student's meal account balance.                                      | 27 Assorted Cereal with a poptart<br>~~~~~<br>popcorn chicken<br>waffle fries/corn<br>honey biscuit  | 28 Pancakes w/ syrup<br>~~~~~<br>walking tacos<br>bean salad   | 29 muffin cheese stick<br>~~~~~<br>Chicken Fajita<br>WGR wrap<br>Red and green peppers<br>refried beans          | 30 Fruit & Yogurt Parfait<br>~~~~~<br>Half day K-6<br>No lunch  | 31 apple cider donuts<br>~~~~~<br>Half day K-6<br>No lunch   |            |