




OCTOBER 2025

Jr-Sr High School Menu

Hawk Cafe

	Monday	Tuesday	Wednesday	Thursday	Friday	
ALL student meals are FREE 2nd MEAL PRICING Breakfast: \$1.75 Lunch: \$2.75 Adult \$ 5.22 + tax	All breakfasts include fruit, juice and milk All lunches include fruit and milk	Special Treats such as Cookies are included in the lunch meal. For students who bring a lunch, these treats are available to purchase a la carte.	1 Bacon, Egg & Cheese on a Croissant ~~~~~ Chicken alfredo Broccoli	2 Yogurt Blueberry Muffin ~~~~~ Chicken Wing Bar! Wings & Rings BBQ beans Texas Toast	3 Raised & Glazed Donuts ~~~~~ Cheese Pizza tossed salad	
Daily Alternates: Grab & Go Breakfast Freshly Made Deli Sandwiches/ Salads PB&J Meal Kit Protein Packs	6 Assorted Cereal Pop Tart ~~~~~ Chicken Nuggets Sweet Potato Fries Roll w/ butter	7 Bagel Cream Cheese ~~~~~ General Tso's Chicken Rice Broccoli Fortune Cookie	8 Cinnamon Bun Hot Chocolate ~~~~~ Hamburger or Cheeseburger on a Bun Smiley Fries	9 Apple Frudel ~~~~~ Bosco sticks Mixed Bean Salad	10 Scrambled Eggs Bacon & Toast ~~~~~ Pasta & Meatballs Garden Salad Garlic Knot BIG APPLE CRUNCH	Check out the 'Talk To Me Tuesday' Suggestion Box
	13 NO SCHOOL National School Lunch Week Celebrate with meals from around the world!	14 Mini Maple Waffles ~~~~~ A day in MEXICO Nacho Bar Mexi Bean Salad	15 Chocolate Chip Muffin ~~~~~ A day in JAPAN Teriyaki Chicken Rice Red pepper/carrot sticks	16 Pancake & sausage on a stick ~~~~~ A day in the USA Cheeseburger French Fries	17 Dutch Waffle (funnel cake!) ~~~~~ A day in ITALY Lasagna roll up Antipasto Salad Garlic Toast	
MY SCHOOL BUCKS Online Payments	20 French Toast sticks ~~~~~ Chicken Tenders Garlic Buttered Pasta Baked beans	21 Cinnamon Donut ~~~~~ Buffalo/ caesar chicken wrap cucumber cup w/ ranch	22 Waffle Wednesday ~~~~~ Dipper Day! Mozzarella Sticks - Chicken Nuggets Crinkle Fries	23 Cheesy Eggs /Biscuit FOOTBALL DAY ~~~~~ Foot Long Hot Dog on a bun pickles/pirates booty Carrot stick w/ ranch	24 Pancake ~~~~~ Pizza Variety Broccoli	Need Help? Have Questions? Kolby Tator, Food Service Director (518) 753-4458 ext-2516
Visit myschoolbucks.com to add funds and manage your student's meal account balance.	27 Assorted Cereal with a muffin ~~~~~ Hawk Bowl Mashed, popcorn chicken, corn, gravy & cheese cookie WGR	28 Pancakes Sausage stick ~~~~~ Tomato Soup Grilled Cheese Sandwich Green Beans	29 Maple waffles ~~~~~ Chicken Fajita Refried Beans	30 Fruit & Yogurt Parfait ~~~~~ Baked Ziti w/ meat sauce Zucchini & Tomato Medley red pepper stips	31 Bacon, Egg & Cheese on a Croissant ~~~~~ Bosco's Cheese filled Bread Sticks casear salad	