



November 2022

Global Concepts Elementary School

PK-8 Lunch Menu



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
 FARM TO SCHOOL	Buffalo Chicken Patty Sandwich (2M, 2G) ----- Broccoli 3/4 Fruit 1/2c Milk -8oz	Nacho Grande (2M, 2G) ----- Seasoned Black Beans 1/2C Corn 1/2c Fruit 1/2c Milk-8oz	Meatball Bomber (2M, 2G) ----- Maple Glazed Carrots 3/4C Fruit 1/2c Milk-8oz	Popcorn Chicken Mashed Potato Bowl (2M, 2G) ----- Corn 1/2c NYS Cauliflower 1/2C Fruit 1/2c Milk-8oz
Chicken Fingers (2M, 2G) ----- Corn 1/2c NYS Winter Squash- 1/2 C Fruit 1/2c Milk-8oz	Breakfast Sandwich for Lunch! Egg and Cheese Biscuit (2M, 2G) ----- Hash Brown Pattie 1/2c Fruit 1/2c Milk-8oz	Cheese Burger (2M, 2G) ----- Oven Potatoes 1/2c Steamed Broccoli 1/2c Fruit 1/2c Milk-8oz	Chicken Enchilada (2M, 2G) ----- Romaine Salad 1/2c Carrot Rounds 1/2C Fruit 1/2c Milk -8oz	 VETERANS DAY No School
Taco On 10" Wrap (2M, 2G) ----- Black Beans 1/2c Fruit 1/2c Milk-8oz	Roasted Chicken Dinner Roll (2M, 2G) ----- NYS Cauliflower 1/2C Fruit 1/2c Milk-8oz	Grilled Cheese (2M, 2G) ----- Baked French Fries 1/2c Green Beans 1/2c Fruit 1/2c Milk-8oz	Meatball Bomber (2M, 2G) ----- Maple Glazed Carrots 3/4C Fruit 1/2c Milk-8oz	Chicken Nuggets (2M, 2G) ----- Sweet Peas 1/2c Broccoli 1/2c Fruit 1/2c Milk-8oz
Roasted Turkey Dinner (2M, 2G) ----- Carrots 3/4c Mashed Potatoes 1/2c Fruit 1/2c Milk-8oz	Goulash Dinner Roll (2M, 2G) ----- Romaine Salad 1/2c Carrot Bag 1/2c Fruit 1/2c Milk-8oz	No School	 Happy Thanksgiving	 No School
Chicken Filet Breast (2M, 2G) ----- Broccoli 3/4c Fruit 1/2c Milk-8oz	Meat Loaf (2M, 2G) ----- Mashed Potatoes 1/2c Corn 1/2c Fruit 1/2c Milk-8oz	Buffalo Chicken Patty Sandwich (2M, 2G) ----- NYS Winter Squash 1/2C Sliced Carrots 1/2C 2c Fruit 1/2c Milk 8 oz		 Harvest of the Month Growing Healthy Students NYS Cauliflower NYS Winter Squash

NYS LOCAL FOODS

- *Upstate Farms Dairy
- milk, yogurt, sour cream
- *LynOaken Farms Apples
- *Local Farm Vegetables and Fruit
- used in Meal Program
- highlighted in green

We serve the following Items Daily

Sandwich of the Day (2M2G)

Salads! (2M2G)

PBJ Sandwiches! (2M2G)

Made Fresh Daily!!!!

Fresh or prepared fruits and vegetables daily.

(Must take half cup of Fruit or Veggies may take one cup)

Non-or Low-Fat White or Non-Fat Chocolate Milk

FARM TO SCHOOL
 Growing Healthy Students

This Institution is an equal opportunity provider and employer