

Carrots W/dip and Green Beans

## SEPTEMBER 2023

DeRuyter K-8

DeRuyter Central School District is an Equal Opportunity Provider and Employer. Brenda Scutt Cook Manager

Broccoli and Tossed Salad

315-852-3400 x 7146

Friday Tuesday Wednesday Monday **Thursday** All meals are served with a choice of fresh fruit or fruit cup and a milk choice. Peanut Butter and Jelly lunch, yogurt Lunch and Salad box Lunch are offered daily Breakfast and Lunch are FREE to all students!! Check out our website www.deruytercentral.org Assorted Pizza Slice Popcorn Chicken w/ Texas Toast Pasta w/ Meat Sauce & Garlic Staff Day OR Toast OR Chicken & Cheese Quesadilla OR Ham & Cheese Box Lunch Hot Dog on a WG Roll Broccoli and Tossed Salad French Fries and Baked beans Green Beans 14 Assorted Pizza Slice Ham & Cheese Bubblies Creamy Chicken Pasta Mini Pancakes w/Sausage Walking Beef Taco W/Lettuce & OR OR w/Texas Toast Cheese OR Pulled Pork Wrap Chicken & Cheese Quesadilla OR OR Ham & Cheese Box Lunch Tater tots Sweet Potatoes and Hot Dog on a WG Roll Pepperoni & Cheese Lunch box Broccoli and Tossed Salad 100% F&V Juice Cheesy Bean Dip, Carrots w/dip **Green Beans** Broccoli & Garden Salad 20 Assorted Pizza Slice Rocket Chicken Bowl w/ Texas Grilled Cheese Sandwich Hot Dog on a WG Roll Toast Pasta W/ Meat Sauce & Garlic OR OR Knott OR Chicken & Cheese Quesadilla Pepperoni & Cheese Lunch Box OR Pulled Pork Wrap Ham & Cheese Box Lunch **Baked Beans Tomato Soup &Sweet Potato** Hot Dog On A WG Roll Mashed Potatoes & Corn Broccoli and Tossed Salad Fries Cuke & Tomato Salad French Fries 25 26 Hot Turkey & Gravy 28 Soft Beef Taco w/ Lettuce & Cheese Assorted Pizza Slice DeRuyter Mac & Cheese OR Pizza Crunchers W/Sauce W/ Dinner Roll Hot Dog on a WG Roll OR OR Pepperoni & Cheese Lunch Box ΟR **Mashed Potatoes** Pulled Pork Wrap Ham & Cheese Box Lunch Cheesy Beans W Chips

Chicken & Cheese Quesadilla

Spinach and Carrots

Corn

Carrots