



# OCTOBER 2023

## Canastota CSD

October 5, 2023—Early Dismissal-Staff Development  
October 6, 2023—Superintendent's Day—No School

Monday

Hot Dog on a Bun

2

Steamed Carrots

Baked Beans

Asst. Fruit Cup

Tuesday

Popcorn Chicken Salad

3

Green Beans / WG Baked Pretzel

Apple / Fruit Cup

Wednesday

Cheese OR Garlic Pizza

4

Broccoli (steamed)

Assorted Fruit Cup

Thursday

Staff Development Day

No Lunches Served

Friday

Superintendents Day

NO SCHOOL

Columbus Day

NO SCHOOL

Cheeseburger Sliders

10

Lettuce / Tomato / Cheese

Sweet Fries / Baked Beans

Assorted Fruit Cup

Cheese OR Garlic Pizza

11

Carrot Sticks (Dip)

Assorted Fruit Cup

Meatloaf slice / Garlic Roll

12

Mashed Potato

Broccoli (steamed)

Assorted Fruit Cup

Fish fillet / Side of Mac and Cheese

13

Green Beans

WG Roll

Fruit Cup

Pulled Pork on A Roll

16

Sweet Fries

Corn

Asst. Fruit Cup

Hard Or Soft Tacos / Cheese

17

Romaine Lettuce / Tomatoes

Salsa / Carrots / Refried Beans

Apple / Fruit Cup

Cheese OR Garlic Pizza

18

Broccoli (steamed)

Assorted Fruit Cup

Popcorn Chicken Salad

19

French Fries / WG Baked Pretzel

Banana / Asst. Fruit Cup

Tuna or Ham Sub

20

Lettuce / Tomato / Cheese

Green Beans / Sweet Fries

Assorted Fruit Cup / Apple

Chicken Nuggets / WG Roll

23

French Fries / BBQ sauce

Carrot Sticks

Assorted /Fruit Cup / Apple

Tangy Meatballs / Roll

24

Rice

Green Beans

Assorted Fruit Cup

Cheese OR Garlic Pizza

25

Broccoli (steamed)

Assorted Fruit Cup

Turkey Dinner / WG Roll

26

Mashed Potatoes

Carrots (steamed)

Asst. Fruit Cup / Cranberry

Toasted Cheese

27

Tostitos with Salsa

Fresh Veggies Strips / Dip

Assorted Fruit Cup

Sweet & Sour Chicken Strips / WG Roll

30

Rice

Broccoli (steamed)

Apple Slices / Fruit Cup

French Toast Sticks

31

Breakfast Sausage

Hashbrown / Carrots

Fruit Cup / Spooky Dessert

SERVED DAILY

\*\*\*Menu Subject to Change\*\*

Assorted Fruit Cup AND/OR Fresh Fruit

CHOICE OF MILK—FAT FREE WHITE, FAT FREE CHOCOLATE, OR FAT FREE STRAWBERRY & 1% WHITE

Ala Carte Daily Choices  
K-8 —PB&J Sandwich or Cheese Pizza or Yogurt Combo  
9-12 —Cheese Pizza or Asst. Salad or Chicken Patty

MY  
SCHOOL  
BUCKS

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