



SEPTEMBER 2023

CANASTOTA CSD

Sept. 4th Labor Day—No School
Sept 5th & 6th Superintendent's Day—No School

Monday

Tuesday

Wednesday

Thursday

Friday



MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
MySchoolBucks.com

Labor Day

No School

Superintendents Day

No School

Superintendents Day

No School

Pepperoni / Cheese OR Garlic Pizza

Broccoli (steamed)

Assorted Fruit Cup / Apple

Hot Dog on a Bun

French Fries

Carrot Sticks / Dip

Asst. Fruit Cup

French Toast Sticks

Breakfast Turkey Sausage

Green Beans

Asst. Fruit Cup

Beefy Soft Taco / Cheese

Romaine Lettuce / Tomatoes

Salsa / Carrots / Refried Beans

Banana / Fruit Cup

Cheese OR Garlic Pizza

Broccoli (steamed)

Assorted Fruit Cup

Meatball Sub

Garlic Pasta

Fresh Veggie Sticks

Fruit Cup / Apple

Fish Fillet on a Roll

French Fries

Carrots (steamed)

Assorted Fruit Cups

Chicken Nuggets/ WG Roll

Rice

Green Beans

Apple/Fruit Cup

Deli Choice

Turkey or Ham Hoagie
Lettuce, Tomato, Cheese
Baked Beans

Sweet Potato Fries

Orange / Fruit Cup

Cheese OR Garlic Pizza

Broccoli (steamed)

Assorted Fruit Cup

BBQ Chicken / WG Roll

Mashed Potatoes

Carrots (steamed)

Fruit Cup / Apple

Pizza Crunchers / Sauce

Garlic Roll

Corn

Asst. Fruit Cup

Hamburger on a Bun

Lettuce / Tomato / Cheese

Corn / Baked Beans

Assorted Fruit

Chicken Quesadilla

Sweet Tot / Lettuce / Salsa

Green Beans / Cheese

Apple / Fruit Cup

Cheese OR Garlic Pizza

Broccoli (steamed)

Assorted Fruit Cup

Crispy Chicken / WG Roll

Mashed Potato /Gravy

Carrots (steamed)

Assorted /Fruit Cup / Apple

Toasted Cheese

Veggie Sticks / Dip

Veggie Juice

Assorted Fruit

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-3. -PB&J Sandwich or Cheese Pizza or Yogurt Combo

4-8 -Deli Choice, Asst. Salad Choice, Yogurt Combo, OR Cheese Pizza

9-12 -Cheese Pizza or Asst. Salad or Chicken Patty