



LUNCH

Students can also opt to have soup and sandwich.

SEPTEMBER 2019

Ticonderoga Central School

Each and Every day we provide a variety of Milk at breakfast and lunch to keep you big and strong!

Monday	Tuesday	Wednesday	Thursday	Friday
LABOR DAY 2	Staff Development 3	Staff Development 4	WELCOME BACK 5 Nacho Grande With Hot Cheddar Cheese Salsa Rice and Black Beans	Pepperoni Pizza 6 Garden Fresh Salad Chilled Fruit Cup
Popcorn Chicken 9 French Fries Asst. Dip Cups Chilled Fruit	Beef Taco 10 WG Flour Tortilla Toppings Chilled Fruit Pudding with Topping	Cheese Stuffed Bread Stick 11 Marinara dip sauce Caesar Salad Chilled Fruit	Toasted Cheese Sandwich 12 Tomato Soup with Chips White Cake with Frosting	Retro Pizza 13 Cucumber Wedges and Ranch Chilled Fruit
Cheese Burger 16 WG Bun French Fries Chilled Fruit	Chicken & Cheese 17 Quesadilla Mixed Greens Cookies & Fruit	Saucy Spirals 18 Broccoli Dinner Roll Chilled Fruit	Buffalo Chicken Dip 19 WG Tortilla Chips Hearty Romaine Salad Chilled Fruit & Jello	Breakfast for Lunch 20 Pancakes Sausage Fruit Salad
Seared Hot Dogs 23 Crispy French Fries Baked Beans Celery Sticks Chilled Fruit	Beef & Cheese Burrito 24 Black Bean Salsa, Sour Cream Steamed Rice Apple Crumb Cake	Stuffed Shells topped with 25 Marinara Caesar Salad Garlic Stick Chilled Fruit	Turkey Gravy 26 Mashed Potato Green Beans Dinner Roll Mock Pumpkin Pie w/ Cream	Pepperoni Pizza 27 Green Salad Chilled Fruit
Chicken Patty 30 French Fries Broccoli Bites with Ranch Cup Chilled Fruit				

Breakfast served each day for the low cost of \$1.35 per student. Stop by and get your day started right.