



# OCTOBER 2018

Syracuse City School District

# Hot Supper

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1

*Sloppy Joe Sliders*  
Potato Wedges  
Canned Fruit  
1% or Skim Milk

2

*Syracuse Sundae Bowls*  
Mashed Potatoes, Meat Gravy  
Kernel Corn  
Heartzel Pretzels  
1% or Skim Milk

3

*Fish Slider w/Tartar Sauce*  
Lettuce & Tomato  
Sweet Potato Crisscuts  
1% or Skim Milk

4

*Pot Stickers*  
Fresh Sugar Snap Peas  
Mandarin Oranges  
1% or Skim Milk

5

*Chicken Italian Sausage Sandwich*  
w/Peppers & Onions  
Creamy Italian Cherry Tomatoes  
1% or Skim Milk

8

**Columbus Day**  
**NO SCHOOL**

9

*Crunchy Chicken Taco*  
w/Lettuce & Tomato  
Salsa  
Taco Sauce  
Guacamole  
1% or Skim Milk

10

*Ham & Cheese Melt Slider*  
Carrot Coins  
Fresh Fruit  
1% or Skim Milk

11

*Chicken Egg Roll*  
w/Sweet & Sour Sauce  
Broccoli  
1% or Skim Milk

12

*BBQ Turkey Slider*  
Creamy Coleslaw  
Baked Beans  
1% or Skim Milk

15

*Sloppy Joe Sliders*  
Potato Wedges  
Canned Fruit  
1% or Skim Milk

16

*Syracuse Sundae Bowls*  
Mashed Potatoes, Meat Gravy  
Kernel Corn  
Heartzel Pretzels  
1% or Skim Milk

17

*Fish Slider w/Tartar Sauce*  
Lettuce & Tomato  
Sweet Potato Crisscuts  
1% or Skim Milk

18

*Pot Stickers*  
Fresh Sugar Snap Peas  
Mandarin Oranges  
1% or Skim Milk

19

*Chicken Italian Sausage Sandwich*  
w/Peppers & Onions  
Creamy Italian Cherry Tomatoes  
1% or Skim Milk

22

*Buffalo Chicken Slider*  
Celery Sticks w/Ranch  
Canned Fruit  
1% or Skim Milk

23

*Crunchy Chicken Taco*  
w/Lettuce & Tomato  
Salsa  
Taco Sauce  
Guacamole  
1% or Skim Milk

24

*Ham & Cheese Melt Slider*  
Carrot Coins  
Fresh Fruit  
1% or Skim Milk

25

*Chicken Egg Roll*  
w/Sweet & Sour Sauce  
Broccoli  
1% or Skim Milk

26

*BBQ Turkey Slider*  
Creamy Coleslaw  
Baked Beans  
1% or Skim Milk

29

*Sloppy Joe Sliders*  
Potato Wedges  
Canned Fruit  
1% or Skim Milk

30

*Syracuse Sundae Bowls*  
Mashed Potatoes, Meat Gravy  
Kernel Corn  
Heartzel Pretzels  
1% or Skim Milk

31

*Fish Slider w/Tartar Sauce*  
Lettuce & Tomato  
Sweet Potato Crisscuts  
1% or Skim Milk

It is our intent to have these choices available to all students at all times. However, there may be occasions when choices are limited.





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# OCTOBER 2018

Syracuse City School District

# Cold Supper

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1

Chicken Salad Scoop Soufflé  
MGM WG Crackers  
Craisins  
Celery Sticks w/Ranch  
1% or Skim Milk

2

*Antipasto Salad*  
Turkey/Turkey Ham & Cheese on  
Romaine Lettuce, Tomatoes, Olives,  
Pepperoncini, Italian Dressing  
Dinner Roll  
1% or Skim Milk

3

*Sunbutter Half-wich*  
½ Sandwich on WG Bread  
Cheese Stick  
Carrots w/ranch  
Apple Slices  
1% or Skim Milk

4

*Half-Wrap*  
Turkey & Cheese  
Lettuce  
Grape Tomatoes  
1% or Skim Milk

5

SunBerry RockinOla Granola  
Berry Muffin  
Yogurt Cup  
Wango Mango Vegetable Juice  
1% or Skim Milk

8

**Columbus Day**  
**NO SCHOOL**

9

*Chicken Caesar Salad*  
Chicken on Romaine Lettuce  
Cucumber Slices  
Caesar Dressing  
Dinner Roll  
1% or Skim Milk

10

*Chicken Banh Mi Half-wich*  
½ Sandwich on WG Bread  
Chicken w/cucumber, carrot zoodles,  
lettuce, seasoned red cabbage  
Mayo Packet  
1% or Skim Milk

11

*Half-Wrap*  
Turkey Ham & Cheese  
Lettuce  
Grape Tomatoes  
1% or Skim Milk

12

Hummus Soufflé Cup  
WG Pita Wedges  
Carrot Sticks w/Ranch  
Wango Mango Vegetable Juice  
1% or Skim Milk

15

Chicken Salad Scoop Soufflé  
MGM WG Crackers  
Craisins  
Celery Sticks w/Ranch  
1% or Skim Milk

16

*Antipasto Salad*  
Turkey/Turkey Ham & Cheese on  
Romaine Lettuce, Tomatoes, Olives,  
Pepperoncini, Italian Dressing  
Dinner Roll  
1% or Skim Milk

17

*Sunbutter Half-wich*  
½ Sandwich on WG Bread  
Cheese Stick  
Carrots w/ranch  
Apple Slices  
1% or Skim Milk

18

*Half-Wrap*  
Turkey & Cheese  
Lettuce  
Grape Tomatoes  
1% or Skim Milk

19

SunBerry RockinOla Granola  
Berry Muffin  
Yogurt Cup  
Wango Mango Vegetable Juice  
1% or Skim Milk

22

Sunbutter Soufflé Cup  
Cheese Stick  
Heartzel Pretzels  
Raisins  
Celery Sticks w/Ranch  
1% or Skim Milk

23

*Chicken Caesar Salad*  
Chicken on Romaine Lettuce  
Cucumber Slices  
Caesar Dressing  
Dinner Roll  
1% or Skim Milk

24

*Chicken Banh Mi Half-wich*  
½ Sandwich on WG Bread  
Chicken w/cucumber, carrot zoodles,  
lettuce, seasoned red cabbage  
Mayo Packet  
1% or Skim Milk

25

*Half-Wrap*  
Turkey Ham & Cheese  
Lettuce  
Grape Tomatoes  
1% or Skim Milk

26

Hummus Soufflé Cup  
WG Pita Wedges  
Carrot Sticks w/Ranch  
Wango Mango Vegetable Juice  
1% or Skim Milk

29

Chicken Salad Scoop Soufflé  
MGM WG Crackers  
Craisins  
Celery Sticks w/Ranch  
1% or Skim Milk

30

**Superintendent Conference Day**  
**NO SCHOOL**

31

*Sunbutter Half-wich*  
½ Sandwich on WG Bread  
Cheese Stick  
Carrots w/ranch  
Apple Slices  
1% or Skim Milk

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# OCTOBER 2018

Syracuse City School District

# Snack

Monday

Tuesday

Wednesday

Thursday

Friday

1

Bug Bites  
Grape Raspberry Juice

2

Cheez-its  
Orange Tangerine Juice

3

Heartzel Pretzels  
Sun Butter  
Paradise Punch

4

Strawberry Sport Grahams  
Wango Mango Juice

5

Despicable Me Grahams  
Cherry Star Juice

8

**Columbus Day  
NO SCHOOL**

9

Cinnamon Crisps  
Fruit Punch

10

Nacho Cheese Spikerz  
Grape Raspberry Juice

11

Animal Crackers  
Grape Juice

12

Goldfish  
Orange Tangerine Juice

15

ABC Graham Crackers  
Cherry Star Juice

16

Ranch Spikers  
Apple Juice

17

Strawberry Yogurt Chex  
Dragon Punch

18

DOT Vanilla Grahams  
Very Berry Juice

19

Scooby Doo Bones  
Strawberry- Kiwi Juice

22

Bug Bites  
Grape Raspberry Juice

23

Cheez-its  
Orange Tangerine Juice

24

Heartzel Pretzels  
Sun Butter  
Paradise Punch

25

Strawberry Sport Grahams  
Wango Mango Juice

26

Despicable Me Grahams  
Cherry Star Juice

29

Annie's Cheddar Bunnies  
Apple Juice

30

**Superintendent Conference Day  
NO SCHOOL**

31

Nacho Cheese Spikerz  
Grape Raspberry Juice



It is our intent to have these choices available to all students at all times. However, there may be occasions when choices are limited.