

SEPTEMBER 2019

De Ruyter *Central School*

District Is an Equal Opportunity Provider and Employer

Menu subject to change

ALL STUDENTS BREAKFAST AND LUNCH MEALS ARE FREE DeRuyter 9-12 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Labor Day No School</p>	<p>3</p> <p>Superintendent Day No School</p>	<p>4</p> <p>Popcorn Chicken w/Texas Toast OR Cheeseburger on a WG Bun Sweet Potato Fries and Corn</p>	<p>5</p> <p>French Toast w/ Sausage OR Spicy Chicken Wrap 100 % Fruit/ Vegetable Juice Tater Tots Fresh Fruit</p>	<p>6</p> <p>Homemade Pizza OR Chicken Salad Sandwich Garden Salad and Broccoli</p>
<p>9</p> <p>Pizza Crunchers w/ Sauce OR Chicken & Cheese Quesadilla Seasoned Carrots and Sweet Potato Fries Fruit Cup</p>	<p>10</p> <p>Pasta W/ Meatballs and Texas Toast OR Chicken Patty on a WG Roll Garden Salad and Green Beans Fresh Fruit</p>	<p>11</p> <p>Italian Panini w/ Cheese OR Cheeseburger on a WG Bun Carrots Sticks and Mixed Vegetables</p>	<p>12</p> <p>Walking Beef Taco w/ Lettuce & Cheese OR Spicy Chicken Wrap Cheesy Bean Dip Corn</p>	<p>13</p> <p>Personal Pan Pizza OR Fish Nuggets w/ Dinner Roll Garden Salad & Broccoli</p>
<p>16</p> <p>Rocket Burger w/ Cheese OR Chicken & Cheese Quesadilla Baked Beans Sweet Potato Fries</p>	<p>17</p> <p>DeRuyter Style Mac & Cheese W/ Dinner Roll OR Chicken Patty on a WG Bun Spinach and Seasoned Carrots</p>	<p>18</p> <p>Meatball Sub on a WG Roll OR Cheeseburger on a WG Roll Garden Salad and Sweet Green Peas</p>	<p>19</p> <p>Mini Pancakes w/ Sausage OR Spicy Chicken Wrap Tater Tots 100% Fruit/Vegetable Juice</p>	<p>20</p> <p>Homemade Pizza OR Chicken Salad Sandwich Garden Salad and Broccoli</p>
<p>23</p> <p>Chili Dog on a WG Roll OR Chicken & Cheese Quesadilla Baked Beans Sweet Potato Fries</p>	<p>24</p> <p>Rocket Chicken Bowl w/ Dinner Roll OR Chicken Patty on a WG Bun Mashed Potato and Corn</p>	<p>25</p> <p>Grilled Cheese OR Cheeseburger on a WG Bun Tomato Soup and oven baked French Fries</p>	<p>26</p> <p>Soft Beef Taco w/ Lettuce & Cheese OR Spicy Chicken Wrap Black Bean & Corn Salad And Corn</p>	<p>27</p> <p>Nordones Pizza OR Chicken Salad Sandwich Garden Salad and Broccoli</p>
<p>30</p> <p>Popcorn Chicken W/ Texas Toast OR Chicken & Cheese Quesadilla Green Beans and Seasoned Carrots</p>	<p>Available with all Lunches</p> <p>Assorted Fruit Cup And Milk Choice</p>			
<p>Visit our website to view our menus www.deruytercentral.org</p> <p>Don't Forget to Fill out and return The CEP form on our website.</p>			<p>Available Daily</p> <p>Assorted Pizza PB & Jelly Meal Salad Box Lunch Yogurt & Cheese Stick Lunch</p>	