

Visit the cafeteria webpage on the QUFSD website to complete the free and reduced meal application
USDA has extended free lunch to all students through the 21-22 school year
Milk \$.55
Adult \$4.50 + tax

Visit [mySchoolBucks.com](https://myschoolbucks.com)® to manage your children's lunch account

If you have any questions regarding this menu please contact the Food Service Director, Josh Hodge at 518-824-3687 or Email jhodge@queensburyschool.org

Harvest of the Month

APPLES



Did you know?
 We now offer NYS dairy and produce products every day on our menus
 Look on the menus to see what produce is a product of NYS
I ♥ NY

4

Chicken Tenders
 WG Roll
 Baby Carrots ½ C
 Fresh NYS Apple
 ½ Pint of Milk

5

Cheeseburger on
 WG Roll
 Steamed Broccoli ½ C
 Fresh Grapes ½ C
 ½ Pint of Milk

6

Chicken and Cheddar
 Cheese Quesadilla
 NY Zucchini ½ C
 Fresh Orange ½ C
 ½ Pint of Milk

7

Cheese or
 Pepperoni(p) Pizza
 WG
 Baked Beans ½ C
 Banana
 ½ Pint of Milk

8

Superintendent's Conference Day



11

No School



12

Chicken Patty on
 WG Roll
 Roasted Broccoli ½ C
 Ripe Banana
 ½ Pint of Milk

13

Brunch For Lunch

WG Pancakes, Chicken
 Sausage Tater Tots
 NY Tomatoes ½ C
 Fresh Watermelon ½ C
 ½ Pint of Milk

14

Soft Chicken Taco
 with Rice, Cheddar
 Cheese
 Black Beans ½ Cup
 Fiesta Corn ½ Cup
 Fresh NYS Apple
 ½ Pint of Milk

15

Cheese or Pepperoni(p)
 Pizza WG
 Green Beans ½ C
 Blueberries ½ C ½ Pint
 of Milk

18

Chicken Tenders
 WG Roll
 Roasted Broccoli ½ C
 Fresh NYS Apple
 ½ Pint of Milk

19

Grilled Chicken Parm
 Brown Rice Pilaf ½ Cup
 Summer Squash ½ C
 Fresh Cantaloupe ½ C
 ½ Pint of Milk

20

Mac & Cheese
 Breadstick
 NY Tomatoes ½ C
 Strawberries ½ C
 ½ Pint of Milk

21

Nachos with
 Seasoned Chicken
 Cheddar Cheese,
 Black Beans ½ Cup
 Fiesta Corn ½ Cup
 Pineapple ½ C
 ½ Pint of Milk

22

Cheese or Pepperoni(p)
 Pizza WG
 NY Cucumber
 Slices ½ C
 Fresh Pear
 ½ Pint of Milk

25

Chicken Patty on
 WG Roll
 Roasted Broccoli ½ C
 Ripe Banana
 ½ Pint of Milk

26

Beef Meatball
 Parmesan w Marinara
 on a WG Roll
 NY Zucchini ½ C
 Fresh Honeydew ½ C
 ½ Pint of Milk

27

Brunch For Lunch

WG Pancakes,
 Chicken Sausage
 Tater Tots
 NY Tomatoes ½
 C
 Orange ½ C

28

Soft Chicken Taco
 Rice, Cheddar
 Cheese
 Black Beans ½ Cup
 Fiesta Corn ½ Cup
 Fresh NYS Apple
 ½ Pint of Milk

29

Cheese or
 Pepperoni(p) Pizza
 WG
 NY Tomatoes ½ C
 Ripe Banana
 ½ Pint of Milk

DAILY ALTERNATE ENTREES:

Grab n Go Sandwiches: All Served with baby carrots

Mon: Tuna; **Tues:** Oven Roasted Turkey & Cheese; **Wed:** Egg Salad; **Thurs:** Ham (P) & Cheese; **Fri:** Oven Roasted Turkey & Cheese; All served on WG Breads Baby Carrots

Daily: Peanut Butter and Jelly on WG bread.

Alternate: Mon/Thurs Bagel with Cream Cheese and Cheese Stick , **Tues/Fri** Yogurt Parfait with Fruit and Granola/Graham Crackers **Wed** Chef with Turkey and/or Ham (P)(served with WG roll)

Whole Grain Rolls Offered Daily with All Meals

Daily Side Salad as an additional vegetable, consisting of:

1 cup Romaine Lettuce, Spinach, or Spring Mix with Seasonal Vegetables

Fresh Fruits and Vegetables Daily: Apples, Oranges, Bananas, Carrots, Celery, Cucumbers.

Daily Milk Offerings: 1% White, Fat Free White, and Fat Free Flavored

(P) Denotes item might contain Pork