

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
 Grilled Chicken Parm Pasta w Marinara
 Steamed Broccoli ½ C
 ♥ Fresh NYS Apple Slaw ♥
 Fresh Grapes ½ C
 ½ Pint of Milk

5
 Oven Roasted 8 Cut Chicken
 Brown Rice Pilaf ½ Cup
 ♥ Summer Squash ½ C ♥
 Fresh Cantaloupe ½ C
 ½ Pint of Milk

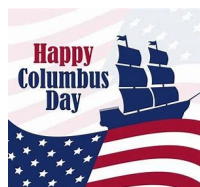
6
 Meat Lovers Calzone With Pepperoni, Sausage(P), Cheese, Marinara Sauce
 ♥ NY Cucumber Slices ½ C ♥
 Ripe Banana
 ½ Pint of Milk

7
 Nachos with Seasoned Chicken Cheddar Cheese, Black Beans ½ Cup
 Fiesta Corn ½ Cup
 ♥ Fresh NYS Apple ♥
 ½ Pint of Milk

Superintendent's Conference Day



11 No School



12
 BBQ Pork and Cheddar Cheese Quesadilla (P)
 ♥ NY Zucchini ♥ ½ C
 Fresh Orange ½ C
 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
 Chicken Burrito with Rice, Cheddar Cheese
 Black Beans ½ Cup
 Fiesta Corn ½ Cup
 ♥ Fresh NYS Apple ♥
 ½ Pint of Milk

15
 Broccoli Cheddar WG Flatbread
 Green Beans ½ C
 Fresh Blueberries ½ C
 ½ Pint of Milk

18
 Chicken Cheese Steak on a Roll
 Roasted Broccoli ½ C
 ♥ Fresh NYS Apple ♥
 ½ Pint of Milk

19
 Oven Roasted 8 Cut Chicken
 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
 Buffalo Chicken Calzone with Cheese, Marinara Sauce
 ♥ NY Cucumber Slices ½ C ♥
 Fresh Pear
 ½ Pint of Milk

25
 Beef Meatball Parmesan w Marinara on a WG Roll
 Roasted Broccoli ½ C
 Ripe Banana
 ½ Pint of Milk

26
 BBQ Pork and Cheddar Cheese Quesadilla (P)
 ♥ NY Zucchini ♥ ½ C
 Cornbread
 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
 Chicken Burrito with Rice, Cheddar Cheese
 Black Beans ½ Cup
 Fiesta Corn ½ Cup
 ♥ Fresh NYS Apple ♥
 ½ Pint of Milk

29
 BBQ Chicken Calzone with Cheese, Marinara Sauce
 ♥ NY Cucumber Slices ½ C ♥
 Fresh Orange
 ½ Pint of Milk

DAILY ALTERNATE ENTREES:

Daily Cheese Pizza plus Variety Pizzas (Meat, Vegetable)
 Bagel with Cream Cheese and Yogurt, Cheese Stick, and Baby Carrots.
 Pre Made Deli Station with Assorted Meats and Cheeses served on Assorted Whole Grain Breads, Rolls, Wraps
 Daily Grill Offerings: Burgers with/without Cheese, Chicken Patty, all on WG Buns.
 Pre Made Salad Station with Fresh Dark Greens, and a variety of fresh veggies, cheeses, and meats. All Salad options served with WG Dinner Rolls.

Daily Yogurt Parfait with Fruit and Granola
 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 Carrots, and other Seasonal Vegetables Carrots, Celery, Cucumbers.
 Daily Offering of Assorted Fresh Fruits and Vegetables: Apples, Oranges, Bananas.
 Daily Milk Offerings: 1% White, Fat Free White, and Fat Free Flavored
 (P) denotes item might contain Pork