

Our (CEP) Community Eligibility Program entitles every student to a free breakfast and lunch every school day

# NOVEMBER 2023

## Cherry Valley-Springfield Central School

Offer vs. Serve  
Cafeteria must offer all 5 meal components  
Students **MUST** choose a fruit or vegetable & at least 2 other components (Total of 3)  
Students may choose up to all 5 components.

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY  
THANKSGIVING

6  
Popcorn Chicken  
Whole Grain Roll  
Baked French Fries  
Fresh Fruit, Milk

13  
Scalloped Potatoes  
w/ Ham & Cheese  
Whole Grain Roll  
Crisp Romaine Salad  
Fresh Fruit, Milk

20  
Chicken Patty  
Whole Grain Bun  
Baked French Fries  
Fresh Fruit, Milk

27  
All Beef Hot Dog  
Whole Grain Bun  
Tater Tots  
Apple, Milk

7  
Baked Ziti w/ meat  
Sauce and Mozz Cheese  
Whole Grain Roll  
Steamed Carrots  
Fruit, Milk

14  
**Taco Tuesday**  
Ground Beef, Cheese, Salsa,  
Sour Cream, soft tortillas  
Black Bean and Corn Salad  
Steamed Rice  
Fresh Fruit, Milk

21  
Macaroni & Cheese  
Whole Grain Roll  
Steamed Broccoli  
Fresh Fruit, Milk

28  
**Ultimate Nachos**  
Chicken, cheese, lettuce,  
salsa, peppers, sour cream,  
black olives  
Whole Grain Tortilla Chips  
Fresh Fruit, Milk

1  
Hamburger/Cheeseburger  
Whole Grain Bun, Pretzels  
Shredded Iceberg Lettuce  
Cucumber/Celery Sticks  
Fresh Fruit, Milk

8  
Chef Salad w/ Ham  
Turkey, Cheese, HB Egg  
Cucumber, Tomatoes, Onion  
Whole Grain Roll  
Fruit, Milk

15  
**Deli Day**  
Ham or Turkey Subs  
Whole Grain Roll  
L. T. O. P  
Pickled Beets, Sun Chips  
Fresh Fruit, Milk

22  
No School

29  
Herb Roasted Chicken  
Whole Grain Roll  
Baked Potato w/sour cream  
Fresh Fruit, Milk  
**Farm to School Tasting**  
Apple Crisp

2  
**Early Dismissal**  
PB&J or  
Yogurt & Cheesestick  
Carrot Sticks w/ Dip  
Fresh Fruit, Milk

9  
Cheese Pizza  
Whole Grain Crust  
Romaine Salad  
Fresh Fruit, Milk

16  
Cheese Filled Breadsticks  
Marinara Dipping Sauce  
Baby Carrots  
Fresh Fruit, Milk

23  
Happy Thanksgiving

30  
Pepperoni or Cheese Pizza  
Whole Grain Crust  
Romaine Salad  
Fresh Fruit, Milk

3  
**Brunch for Lunch**  
Pancakes w/NYS Maple  
Syrup (Limespring Farm)  
Sausage, Roasted potatoes  
Applesauce, Milk

10  
Veterans Day

17  
Roast Turkey Dinner  
Mashed potatoes, gravy  
Steamed Corn, Cranberry Sauce  
Whole Grain Roll  
Applesauce, Milk

24  
No School

Our school is participating in the NYS Farm to School Initiative. A majority of our fruits and vegetables are coming from local farms, such as Limespring Farm and Dream Weaver Farms.

**Alternative Entrée's offered Daily**  
Peanut Butter & Jelly  
Yogurt & Cheesestick  
Salad Bar