

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

# OCTOBER 2024

## 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
	1 Tuna or Egg Salad Whole Grain Bread L.T.O.P Cucumber Salad, Chips Fresh Fruit, Milk	2 Chicken Broccoli Alfredo w/Rotini, Garlic Knot Salad Fresh Fruit, Milk	3 Tatertot Shepards Pie NYS Ground Beef Whole Grain Roll Corn Fresh Fruit, Milk	4 Pepperoni or Cheese English Muffin Pizza Baby Carrots/Red Peppers Fresh Fruit, Milk
7 Chicken Patty Whole Grain Bun L.T.O.P French Fries Fresh Fruit, Milk	8 <b>Taco Tuesday</b> Beef, Cheese, Soft Tortilla, Salsa, Sour Cream, Lettuce, Rice, Seasoned Black Beans Fresh Fruit, Milk	9 Grilled Cheese Creamy Tomato Soup Goldfish Baby Carrots Fresh Fruit, Milk	10 Buffalo Chicken Wing Dip Whole Grain Tortilla Chips Celery Sticks, Cucumbers Fresh Fruit, Milk	11 Conference Day
14 No School	15 <b>Brunch for Lunch</b> Pancakes Sausage Links Homefries Applesauce Milk **Limespring Maple Syrup**	16 Chili or Chili Dog Whole Grain Bun Cheese, Sour Cream, Black Bean Corn Salad Fresh Fruit, Milk	17 Chicken and Vegetable Lo Mein, Stir Fry Vegetables Mini Egg Roll Orange Wedges, Milk	18 Cheese or Dill Pickle Pizza Whole Grain Crust Romaine Salad Fresh Fruit, Milk
21 Macaroni & Cheese Whole Grain Roll Steamed Broccoli Fresh Fruit, Milk	22 Loaded Chicken Nachos Cheese, Guacamole, Olives, Jalapenos, Beans, Sour Cream & Salsa Fresh Fruit, Milk	23 Hamburger/Cheeseburger w/ NYS Beef Whole Grain Bun L.T.O.P Chips Fresh Fruit, Milk	24 Oven Fried Chicken Mashed Potatoes w/ Gravy Corn Fresh Fruit, Milk	25 Scalloped Potatoes & Ham Whole Grain Roll Baby Carrots Fresh Fruit, Milk
28 Mozzarella Sticks w/ Marinara Whole Grain Roll Romaine Salad Fresh Fruit, Milk	29 Ham & Cheese on Pretzel Roll L.T.O.P Baby Carrots/Red Peppers Fresh Fruit, Milk	30 Baked Ziti w/ Meatsauce & Mozzarella, Garlic Knot Marinated Cucumber Salad Fresh Fruit, Milk	31 Boneless Bat Wings Candy Corn (Corn & Carrots) Sliced Apples Fresh Fruit, Milk	

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
- Sandwich/Sub Station