

OCTOBER 2022

Glen Cove School District

LUNCH



High School



Milk
1%
Fat free
Chocolate milk

OFFERED DAILY:

Fruit
Assorted Fresh Fruit
Fruit cup

Sandwiches
Peanut Butter & Jelly
Cheese Sandwich
Turkey Sandwich

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Pizza Crunchers
Garlic Knot
Green Beans

4

Chicken Poppers
Corm Muffin
Broccoli

5

No School

6

BBQ Roasted Chicken
French Fries
Carrots

7

Wedge Pizza
Mixed Green Salad

10

No School

11

Crispy Chicken Patty
Served On a WG Bun
Broccoli

12

Turkey Burger
Sweet Potato Fries

13

Totally Taco
Triangle Quesadilla
Corn

14

French Bread Pizza
Mixed Green Salad

17

Stuffed Pizza Sticks
Served with
Marinara Sauce
Green Beans

18

Crispy Chicken Tenders
Broccoli
Dinner Roll

19

Beef Taco's
Served with
Corn
Lettuce, Salsa & Cheese
Baked Scoops

20

Chicken Poppers
Corm Muffin
Broccoli

21

Bagel Pizza
Mixed Green Salad

24

Mozzarella Sticks
Served with
Marinara Sauce
Garlic Knot
Green Beans

25

Homemade
Grilled Cheese
Steamed Broccoli

26

Meatballs in Tomato Sauce
Served with Pasta
Green Beans

27

Crispy Chicken Patty
Served On a WG Bun
Sweet Potato Fries

28

Wedge Pizza
Mixed Green Salad

31

Pizza Crunchers
Garlic Knot
Green Beans

1 Free Lunch Per Student Per Day

Menu Subject to Change !

