



OCTOBER 2023

Edwards-Knox Central School

Menu is Subject to Change
This is an Equal Opportunity
Provider and Employer



PAY FOR MEALS ONLINE

MySchoolBucks.com

Monday

Buffalo Chicken Wrap **2**
Garlic Bread Stick
North Country Carrot Coins/Hummus
Fruit & Milk

BRK: Breakfast Pastry

9

Columbus Day
-No School-

Chicken Parm Sandwich **16**
Iceberg Garden Salad
Fruit & Milk

BRK: Breakfast Pastry

Sweet and Sour Meatball **23**
Steamed Rice
Roasted Carrots
Fruit & Milk

BRK: Breakfast Pastry

Stuffed Shells **30**
W/Garlic Breadstick
Fruit & Milk

BRK: Breakfast Pastry

Tuesday

Taco or Taco Salad **3**
Corn
Black Bean Salsa
Fruit & Milk

BRK: Pancakes

Loaded Potato Bowl **10**
Steamed Corn
Fruit & Milk

BRK: Pancakes

French Toast Sticks **17**
Hash Browns
Sausage
Fruit & Milk

BRK: Pancakes

Roasted Turkey **24**
Mashed Potatoes
Stuffing/Butternut Squash
Fruit & Milk

BRK: Pancakes

Rib-BBQ Sandwich **31**
Waffle Fries
Iceberg Garden Salad
Fruit & Milk
Early Dismissal
BRK: Pancakes

Wednesday

Pizza Logs **4**
Broccoli Salad
Fruit & Milk

BRK: Cinnamon Roll

Homemade Pizza **11**
Caesar Salad
Fruit & Milk

BRK: Cinnamon Roll

Homemade Pizza **18**
Caesar Salad
Fruit & Milk

BRK: Cinnamon Roll

Homemade Pizza **25**
Garden Salad
Fruit & Milk

BRK: Cinnamon Roll

Thursday

Chicken & Biscuits **5**
Mashed Potato
Green Beans
Fruit & Milk

BRK: Breakfast Pizza

Hot Dog or Hamburger on Roll **12**
Glazed Carrots
Fruit & Milk

BRK: Breakfast Pizza

Pasta with Sauce **19**
Green Beans
North Country Apple Slices

BRK: Breakfast Pizza

Orange Chicken **26**
Steamed Rice
Herb Roasted Broccoli

BRK: Breakfast Pizza

Friday

Lasagna **6**
Garlic Toast
Garden Salad
Fruit & Milk

BRK: Egg & Sausage Sandwich

Chicken Bake **13**
Cheese Filled Breadstick
Cucumber Slices
Fruit and Milk

BRK: Egg & Sausage Sandwich

Sampler-3 Mozz Sticks **20**
3 Boneless Wings
Cheese Filled Breadstick Stick
Three Bean Salad
Fruit & Milk
BRK: Egg & Sausage Sandwich

Quesadilla **27**
Refried Beans
Red Pepper Strips
Fruit & Milk

BRK: Egg & Sausage Sandwich



Monday's Alternates

PB & J w/ Cheese Stick
Turkey & CH. Sand.
Ham & CH. Sand.
Chicken Tenders w/ Garlic Breadstick

Tuesday's Alternates

PB & J w/ Cheese Stick
Turkey & CH. Sand.
Wrap of the Week
Hamburger

Wednesday's Alternates

PB & J w/ Cheese Stick
Turkey & CH. Sand.
Ham & CH. Sand.
Chef Salad w/Garlic Breadstick

Thursday's Alternates

PB & J w/ Cheese Stick
Turkey & CH. Sand.
Tuna Salad Sandwich
Chicken Burger on a Roll

Friday's Alternates

PB & J w/ Cheese Stick
Turkey & CH. Sand.
Wrap of the Week
Baked Haddock Sandwich