

OCTOBER 2019



Candor Central School Menu



<p><u>2019-2020 Meal Prices</u> Elementary Meals for every student <i>free of charge</i> High School Breakfast 7-12 \$1.65; Lunch 7-8 \$2.40; Lunch 9-12 \$2.65; Reduced meals 25¢</p>	<p>1 Sweet & sour chicken over whole-grain rice, steamed broccoli florets, pineapple tidbits and milk</p>	<p>2 Meatball Parmesan sub, garden salad, french fries, peaches and milk</p>	<p>3 Cheeseburger on a whole-grain bun w/lettuce and tomato, french fries, baked beans, peaches and milk</p>	<p>4 Chicken Parmesan, rotini with sauce, garden salad, fruit cocktail, milk</p>
<p>7 French bread pizza (cheese or pepperoni), mixed salad greens, diced pears and milk</p>	<p>8 Chicken nuggets, choice of dipping sauce fresh baby carrots, fruit cocktail and milk</p>	<p>9 Chicken chef's salad, cream of broccoli soup, dinner roll, peaches and milk</p>	<p>10 Homemade macaroni and cheese, baby green peas, applesauce and milk</p>	<p>11 French toast sticks, tater tots, turkey sausage links, fruit cocktail and milk</p>
<p>14  COLUMBUS DAY</p>	<p>15 Toasted cheese sandwich, fresh broccoli salad, tomato soup, applesauce and milk</p>	<p>16 Cheeseburger on a whole-grain bun w/lettuce and tomato, french fries, baked beans, fruit and milk</p>	<p>17 Sweet & sour chicken over whole-grain rice, steamed broccoli florets, pineapple tidbits and milk</p>	<p>18 Pepperoni or cheese pizza, caesar salad, fruit cocktail and milk</p>
<p>21 Chicken patty on a whole-grain bun w/lettuce and tomato, steamed baby carrots, pears and milk</p>	<p>22 Stromboli (ham or meatball), broccoli salad, peaches and milk</p>	<p>23 Build a sub day w/choice of tuna salad, egg salad or ham w/lettuce & tomato, cream of broccoli soup, mandarin oranges and milk</p>	<p>24 Beef tacos loaded w/lettuce, freshly diced tomatoes, salsa and corn, diced pears and milk</p>	<p>25 Superintendent's Conference Day</p>
<p>28 Chicken nuggets, choice of dipping sauce fresh baby carrots, fruit cocktail and milk</p>	<p>29 French toast sticks, tater tots, turkey sausage links, peaches and milk</p>	<p>30 Chicken & cheese Quesadilla (HS only); French bread pizza (ES only), garden salad, fruit cocktail, milk</p>	<p>31 Our signature turkey & gravy with a homemade biscuit, mashed potatoes, green beans, fruit and milk</p>	<p> Happy Halloween!</p>

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