



NYS Apples
NYS Cauliflower
NYS Kale
NYS Broccoli
NYS Bell Peppers

October 2024



Lunch Panama



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sweet & Sour Meatballs w/ Rice	2 Chicken Tender Wrap	3 Macaroni & Cheese	4 Buffalo Chicken Breast Sandwich
	Romaine Lettuce 1c=1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Broccoli 1/2c Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Bell Peppers 3/4c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	French Fries 3/4c Italian Bean Salad 1/2 c Fresh or Prepared Fruit 1/2c Milk-8oz
7 Chicken Patty on WG Bun	8 Chicken Alfredo	9 Combo Basket	10 Deluxe Burger	11 Chicken Nuggets
Mixed Vegetables 1/2c Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Carrots 3/4c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Fresh Carrots 3/4c NYS Cauliflower 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Baked Beans 3/4c 1c Romaine Lettuce= 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
14 No Classes	15 Cannon Ball Canoes (Meatballs and sauce with a Breadstick in a Boat)	16 Maple Syrup Seas (Chicken Patty on Maple Flat Bread)	17 Peg Leg Pizza	18 Pirates Gold (Mac-n-Cheese)
	Steamed Corn 3/4c Mixed Vegetables 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Sweet Potatoes 3/4c Black Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Kale 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	1c Romaine Lettuce=1/2c Green Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
21 Sloppy Joe on WG Bun	22 Buffalo Chicken Wing Pizza	23 Chicken Ranchero in a bag	24 BBQ Chicken Breast Sandwich	25 Deluxe Burger
Steamed Carrots 3/4c Baked Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Green Beans 1/2c Roasted Potatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Fresh Carrot sticks 3/4c NYS Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	1c Romaine Lettuce=1/2 c Mixed Vegetables 3/4c NYS Pears 1/2c Milk-8oz
28 Chicken Nuggets	29 Macaroni And Cheese	30 Meatball Sub	31 Walking Zombie Tacos Doritos, Taco Meat, Cheese	
Cucumbers 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Carrots 1/2c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Creepy Corn 1/2c Green Bean Fingers 1/2c Poison Apple 1/2c 'EEK' Side Kick Frozen Juice=1/2c Milk-8oz	

NYS LOCAL FOODS
*Upstate Farms
Milk, Yogurt, Sour Cream
Eden Valley Growers
Assorted Varieties of Apples
Eden Valley Growers
Assorted Fruits & Vegetables
used in Meal Program
highlighted in green

The Following Entrees Served Daily:

Available Daily

PBJ
Salad Bar
Pizza M,W,F
Tacos Tue
Various Options
Thurs

Breakfast and Lunch meals are Free for Students at Panama Central School

Offered daily with all School Lunches:

Fresh or Prepared Fruit (Must take 1/2 cup of Fruit or Vegetable - may take up to 1 cup)

NYS State 8oz 1% or Skim White Milk
Fat Free Chocolate Milk

If your son/daughter has a particular food allergy, please contact the food service office @ spaden@swcsk12.org



Happy Halloween