Effective November 1, 2023, each student is eligible to receive 1 free breakfast and 1 free lunch.

Monday	Tuesday	Wednesday	Thursday	Friday
If your child has a food allergy, please notify us at (518) 356-8225.		3	4	5
Allergy information available upon request.		SPRING BREAK	SPRING BREAK	SPRING BREAK
Food shortages are nationwide, and our district is also experiencing unavailable items or last-minute replacements. Menus are subject to change, but we will do our best to notify you if there are any changes. We appreciate your patience and understanding!		NO SCHOOL	NO SCHOOL	NO SCHOOL
8	9	10	11	12
Breakfast Pick 4 Items: Mini Cinni, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Ham, Egg & Cheese Breakfast Sandwich, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Maple Waffles, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Confetti Pancakes, Pork Sausage, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Pork Sausage, Egg, & Cheese Breakfast Sandwich, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk
15	16	17	18	19
Breakfast Pick 4 Items: Apple Frudel, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Pork Sausage, Egg & Cheese Breakfast Sandwich, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: French Toast Pouch, Pork Sausage, Pork Sausage, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Cinnamon Dutch Waffle, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Ham, Egg & Cheese Breakfast Sandwich, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk
Breakfast Pick 4 Items: Chocolate Muffin, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Pork Sausage, Egg & Cheese Breakfast Sandwich, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Cinnamon Donut, Pork Sausage, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Maple Pancakes, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Pick 4 Items: Pork Sausage, Egg & Cheese Breakfast Sandwich, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk
29	30			
Breakfast Pick 4 Items: Lemon Bread, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Ham, Egg & Cheese Breakfast Sandwich, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk			

Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online

at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf(link is external), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or

2. **fax:**

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov(link is external)

This institution is an equal opportunity provider.