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.		1	2	3
Allergy information available upon request. 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!		Breakfast Pick 4 Items: Egg Bites, Hash Brown, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Confetti Pancakes, 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
6	7	8	9	10
Breakfast Pick 4 Items: Mini Cinni, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Bacon, 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: Cinnamon Donut, Pork Sausage, 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
13	14	15	16	17
Breakfast Pick 4 Items: Pumpkin Bread, 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 Sticks, 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: Bacon, Egg & Cheese Breakfast Sandwich, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk
20	21	22	23	24
Breakfast Pick 4 Items: Cinnamon Toast Soft Square, 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	1/2 DAY STAFF DEVELOPMENT DAY	RECESS DAY NO SCHOOL	RECESS DAY NO SCHOOL
27	28	29	30	31
MEMORIAL DAY NO SCHOOL	Breakfast Pick 4 Items: Lemon Bread, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Maple Pancakes, Pork Sausage, Bagel, Assorted Cereal, Yogurt, Assorted Fruit, Juice & Milk	Breakfast Pick 4 Items: Blueberry Waffle, 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

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.