

October 2009

Superior Central School

Monday

Tuesday

Wednesday

Thursday

Friday

Guess What?

Pumpkins were once recommended for removing freckles and curing snakebites. The largest pumpkin pie ever made weighed over 350 pounds.

Cereal and muffins

5

Soft shell tacos

Yogurt and muffins

12

Chicken noodle soup

Cereal and toast

19

Mash potatoes and beef gravy

Cereal and muffins

26

Turkey subs

Pancakes

6

Chicken gravy over biscuits

Waffles

13

Chicken strips and fries

Pancakes

20

Beef BBQ on a bun

Pop tarts

27

French toast and sausage

Scrambled eggs and ham

7

Sloppy joes

Cereal and muffins

14

Salisbury steak and fries

Cheese omelet

21

Chicken fajitas

Egg and ham wrap

28

Generals chicken over rice

Cheese omelet

1

Tomato soup and grilled cheese

Egg and ham wrap

8

Chicken pot pie

French toast

15

Chicken wraps

Cereal and toast

22

Baked ham and wedge fries

Cereal and muffins

29

Hammy sammy

Hash browns and sausage

2

Ravioli

NO

School

9

Cereal and muffins

16

Macaroni and cheese

Sausage and hash browns

23

Beef tips over noodles

Yogurt and toast

30

Cheese ravioli

A La Carte

Monday thru Friday we will offer a main menu item, salad and pizza and on Mondays we will have cheese pizza.

On Mondays and Wednesdays we will offer chicken nuggets and Tuesdays and Thursdays we will offer bake potatoes.

Friday will be nachos.

We also offer vegetables and fruit with every lunch along with a choice of milk,

School News

Oct. 9th there will be no school.

