

**BREAKFAST MENU FOR  
OCTOBER 2024  
(subject to change)**

**Monday** - French toast or bagel with cream cheese.

**Tuesday** - Bagel with cream cheese and sausage.

**Wednesday** - Breakfast pizza or bagel with cream cheese.

**Thursday** - Pancakes and sausage (ES) or bagel with cream cheese and sausage.

**Friday** - English muffin with egg and ham or sausage and cheese or bagel with cream cheese.

Cereal, toast, fresh fruit and yogurt are available daily at ES and MS-HS.

**All breakfasts include milk and juice. Students must take a fruit or vegetable.**

**LUNCH**

**Sandwiches available daily:**

Peanut butter and jelly, tuna, ham, turkey, cheese and egg salad (subject to change)


**Salad bar available daily at MS-HS**

Hummus or legumes

**Fresh fruit, vegetables and milk are available with lunch daily at the ES and MS-HS.**

**Gluten-free options are available daily.**

**LUNCH MENU FOR OCTOBER 2024  
(subject to change)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Chicken and Cheese quesadilla - ES Chicken tacos - MS-HS Refried beans Seasoned corn Fruit and milk	<b>2</b> Turkey and cheese Pretzel melt - ES French Fries Falcon Bowl - MS-HS Fruit and milk	<b>3</b> Pizza Tossed salad Fruit and milk	<b>4</b> Chicken Parm Sandwich Steamed green beans Fruit and milk
<b>7</b> Calzone Cheese or pepperoni Marinara sauce Tossed salad Fruit and milk	<b>8</b> Brunch for Lunch French toast sticks Syrup Hashbrown Sausage Fruit and milk	<b>9</b> Chicken Alfredo Garlic bread stick Broccoli Fruit and milk	<b>10</b> Stuffed crust pizza Tossed salad Fruit and milk	<b>11</b> Shrimp poppers Bread stick Coleslaw Fruit and milk
<b>14</b> <i>Columbus Day</i> <i>Indigenous Peoples' Day</i> <i>No School</i>	<b>15</b> Chicken and waffles Syrup Hash brown rounds Fruit and milk	<b>16</b> Pulled pork Sandwich Sweet potato wedges Fruit and milk	<b>17</b> Pizza Tossed salad Fruit and milk	<b>18</b> Deli Day - ES Turkey, ham, tuna subs Lettuce, tomato, pickle Pasta salad Burgers - MS-HS Pasta salad Green beans Fruit and milk
<b>21</b> Pizza crunchers Marinara sauce Fruit and milk	<b>22</b> Chicken nuggets Corn Fruit and milk	<b>23</b> BBQ rib sandwich Potato wedges Fruit and milk	<b>24</b> Personal pizza Tossed salad Fruit and milk	<b>25</b> Grilled cheese Sandwich Tomato soup Goldfish crackers Fruit and milk
<b>28</b> Mini pizza bagels Broccoli Fruit and milk	<b>29</b> Orange chicken Brown rice Egg roll Fruit and milk	<b>30</b> Sloppy Joe Smiley fries Fruit and milk	<b>31</b> Pizza Tossed salad Fruit and milk 	

**For a complete meal, you must take a minimum of three items. One item must be a fruit or vegetable.**

Mrs. Marion Carr, Cafeteria Manager, can be reached at (315) 683-5327 or [mcarr@fabiuspompey.org](mailto:mcarr@fabiuspompey.org).

**Ala Carte Prices 2024-2025**

Item:	Cost:
 Breakfast Entrée	\$ 1.85
 Lunch Entrée	\$ 2.25
 Fruit roll-up	\$ 0.80
Fruit/Veg Side 4oz.	\$ 0.60
Graham Cracker/Scooby	\$ 0.75
Granola Bar	\$ 1.00
 Ice Cream Cone	\$ 1.25
Ice Cream Stick	\$ 1.00
Juice Cup 4 oz.	\$ 0.60
Milk Carton, any flavor 8 Oz.	\$ 0.75
Mott's Fruit Snack	\$ 1.00
Rice Krispy Treat	\$ 1.00
Snack Chips	\$ 0.80
Water	\$ 1.25

**COMMUNITY ELIGIBILITY PROVISION**

*Implemented in the 2024-2025 School Year*

**All students in grades Pre-K through 12 will receive breakfast and lunch at no cost.**

**Additional entrees and ala carte items are subject to the prices on the ala carte price list.**

**Please complete the Community Eligibility Provision (CEP) / Provision 2 Non-Base Year Household Income Eligibility Form if you qualify for free and reduced school meals.** Please return your completed application for the 2024-2025 school year to Mrs. Carr. The application is available on the Cafeteria page of the District website.

**ONLINE PAYMENT FOR LUNCH ACCOUNTS**

Payments for lunch accounts can be made online at [myschoolbucks.com](https://myschoolbucks.com). A student ID number is necessary to make a payment and can be obtained from the cafeteria.