



MENU

6-12 LUNCH

BERLIN MIDDLE HIGH

Harvest of the Month

NYS Corn

& Tomatoes

September 23rd

Harvest

of the

Month

SEPTEMBER



WELCOME BACK!!!

Labor Day
No School

Ultimate Nachos
Salsa & Sour Cream
Guacamole, Olives, Jalapenos
Yellow Corn & Tex Mex Beans

Chicken Wing Basket
Crispy Potato Wedges
Broccoli Florets
NY Apple Pie

Gen Tso Chicken
Fried Rice
Stir Fry Vegetables
Fresh Grape Tomatoes
Fortune Cookie

Cheese Pizza Slice
Caesar Side Salad
Apple Sauce Cup

Crispy Chicken Tenders
with assorted dipping sauces
Seasoned Curly Fries
Fresh Veggie w/Hummus

Buffalo Chicken Wrap
Potato chips
Rainbow Pepper Sticks
Mango Peach Applesauce

Bistro Burger
(plain or cheese)
NY Breaded Onion Rings
Tangy Cucumber Salad
Baby Carrots
Tropical Kiwi Fruit Salad

Macaroni & Cheese Bar
W/BBQ Seasoned Chicken
Garlic Breadstick
Fresh Grape Tomatoes

Pizza Slice
(Cheese or
Pepperoni)
NY Peas & Carrots
Garden Side Salad

Chicken Parm Wrap
Buffalo Cauliflower Bites
NY String Cheese
Fresh Veggie w/Hummus

Breakfast for Lunch
(Chicken Drumstick & NY
Sunrise Waffles)
Home Fries
Roasted Peppers & Onions
NY Apple Juice Cup & Syrup

BBQ Pulled Pork or
Maple BBQ Pulled
Chicken on Kaiser
Au Gratin Potatoes
Corn on the Cob & Grape Tomatoes
Chocolate Chip Cookie

Teriyaki Chicken
Vegetable Fried Rice
Chicken & Vegetable Dumplings
Sesame Broccoli
Tangy Ginger Edamame Salad
Fortune Cookie

Pizza Slice
(Cheese or Pepperoni)
Cinnamon Chili Sweet
Potatoes
Caesar Side Salad

Popcorn Chicken Bowl
Dinner Roll
Sweet Yellow Corn
Fresh Veggie w/Hummus
NY Grape Juice Slushie

Build Your Own Burrito
w/Cilantro Lime Rice
Guacamole, Black Olives, Jalapenos
Salsa, Sour Cream
Veggie Pinto Beans
Rainbow Pepper Sticks

Crispy Chicken Sandwich
on Brioche Roll
Special Sauce Lettuce, Tomato, Onion,
& Pickles
Seasoned Waffle Fries
Cucumber & Tomato Salad

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.
Notice is posted when available.

linqconnect.com

All lunch meals include a variety of fresh fruit, vegetables and white or flavored milk.

Daily Lunch Alternates

Includes: Grilled Cheese,

Chef Salads, PBJ, Parfaits

In collaboration with

CAPITAL REGION

BOCES

SHARED FOOD SERVICE PROGRAM

