



SEPTEMBER 2025

PHS

Every day we offer a delicious
and varied salad bar full of fruits
and vegetables!



Monday

NO SCHOOL

Labor Day

Tuesday

NO SCHOOL

Wednesday

Hamburger / Cheeseburger
Baked Beans
Fruits and Vegetables
Milk

Thursday

Sticky Chicken
Brown Rice / Broccoli
Fruits and Vegetables
Milk

Friday

National Cheese Pizza Day
Cheese / Pepperoni Pizza
Buffalo Chicken
Homemade Dessert
Fruits and Vegetables
Milk

Chicken Parmesan Sub
Green Beans
Fruits and Vegetables
Milk

Bacon Egg and Cheese Bagel
Yogurt / Granola
Melon
Fruits and Vegetables
Milk

Beef Nachos
Homemade Cheese Sauce
Brown Rice / Corn / Beans
Fruits and Vegetables
Milk

Goulash
Roasted Cauliflower
Fruits and Vegetables
Milk

Cheese / Pepperoni Pizza
Buffalo Chicken
Homemade Dessert
Fruits and Vegetables
Milk

Grilled Cheese Sandwich
Tomato Soup
Fruits and Vegetables
Milk

National Guacamole Day
Beef Tacos
Brown Rice
Corn / Beans / Guacamole
Fruits and Vegetables
Milk

Macaroni and Cheese
Peas and Carrots
Fruits and Vegetables
Milk

BBQ Chicken Wrap
Pasta Salad
Fruits and Vegetables
Milk

Cheese / Pepperoni Pizza
Buffalo Chicken
Homemade Dessert
Fruits and Vegetables
Milk

Italian Dunkers
Marinara Sauce
Fruits and Vegetables
Milk

Chicken Fried Rice
Steamed Broccoli
Fruits and Vegetables
Milk

Sloppy Joe on a Bun
Honey Roasted Carrots
Fruits and Vegetables
Milk

Chicken Quesadilla
Brown Rice
Corn / Beans
Fruits and Vegetables
Milk

Cheese / Pepperoni Pizza
Buffalo Chicken
Homemade Dessert
Fruits and Vegetables
Milk

Spaghetti
Meat Sauce / Marinara
Garlic Bread / Green Beans
Fruits and Vegetables
Milk

Pancakes / Local Maple Syrup
Sausage Links
Yogurt / Granola / Berries
Fruits and Vegetables
Milk



Plattsburgh City School District encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least 3 food components, with one of the food components being at least ½ cup of fruit or vegetable to constitute a reimbursable meal.

Alternate lunch choices are PB&J or Egg Salad Sandwich. All students eat free meals! If you have a food allergy, please notify us.