



OCTOBER 2025

PHS

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

Monday

Tuesday

Wednesday

Thursday

Friday



We Proudly Use These Local Vendors!

Juniper Hill Farm- Produce + Fresh Eggs
Essex Food Hub – Apples / Pasta
North Country Creamery - Yogurt
Donahue's Livestock and Lucki7 - Beef
Glaziers - Milk

1

BBQ Pulled Chicken on a Bun
Homemade Coleslaw
Fruits and Vegetables
Milk

2

Cheeseburger Wrap
Lettuce, Tomato, Onion, Pickles
Thousand Island Dressing
Chips + Salsa
Fruits and Vegetables
Milk

3

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

6

NATIONAL NOODLE DAY!
Grilled Cheese Sandwich
Chicken Noodle Soup
Fruits and Vegetables
Milk

7

NATIONAL TACO DAY!
Chicken / Beef Tacos
Brown Rice
Beans / Corn
Fruits and Vegetables
Milk

8

Sausage, Peppers and Onions
On a Bun
Homemade Cheese Sauce
Fruits and Vegetables
Milk

9

Brunch for Lunch!
Scrambled Eggs / Home Fries
Blueberry Muffin / Yogurt
Fruits and Vegetables
Milk

10

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

13

NO SCHOOL

14

Italian Dunkers
Marinara Sauce
Green Beans
Fruits and Vegetables
Milk

15

Honey BBQ Chicken Flatbread
Baked Beans / Corn
Fruits and Vegetables
Milk

16

Baked Ziti
Meat / Marinara
Caesar Salad
Fruits and Vegetables
Milk

17

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

20

Chicken Alfredo
Broccoli
Homemade Garlic Bread
Fruits and Vegetables
Milk

21

Chili
Sour Cream / Cheddar
Cornbread / Brown Rice
Fruits and Vegetables
Milk

22

Macaroni and Cheese
BBQ Chicken
Peas and Carrots
Fruits and Vegetables
Milk

23

Beef Nachos
Brown Rice
Beans / Corn
Fruits and Vegetables
Milk

24

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

27

Sticky Chicken
Brown Rice
Broccoli
Fruits and Vegetables
Milk

28

NO SCHOOL
SUPERINTENDENT'S DAY

29

Brunch for Lunch!
French Toast Bake
Scrambled Eggs / Sausage
Local Maple Syrup / Yogurt
Fruits and Vegetables
Milk

30

Hamburger / Cheeseburger
Lettuce, Tomato, Onion, Pickles
Homemade Fries
Fruits and Vegetables
Milk

31

Cheese / Pepperoni Pizza
Buffalo Chicken
Homemade Dessert
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.