



September

Monticello Middle and
Elementary School Lunch
Menu 2025



Applesauce At Home



Ingredients

6 apples (any kind), unpeeled, cored, and diced
1 cup water (or more if needed)
1 teaspoon ground cinnamon

Directions

- Put all the ingredients in the pot and put it on the stove. Turn the heat to high and cook until it just comes to a boil (you'll hear it first but may have to look at the sides of the pot to see the bubbles).
- Lower the heat to low, cover the pot, and cook until the apples are falling apart tender, 30 to 45 minutes, stirring every few minutes to make sure the apples aren't sticking. If the mixture seems dry at any point, add another 1/4 cup water. Set the cooked apples aside to cool a bit, about 10 minutes.
- Mash the apples using the potato masher or fork, then set aside to cool until just warm. Serve right away, or transfer to an airtight container and refrigerate until cold, or up to 1 week.



Reference:

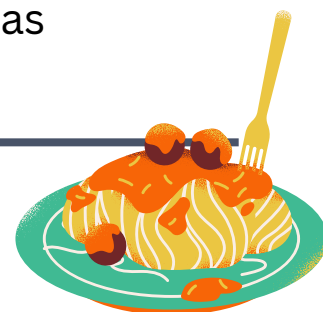
<https://snapedny.org/recipes/our-favorite-applesauce/>

Daily Specials-
 WG PBJ & String Cheese
 WG Turkey or Ham
 Sandwich
 WG Cheese Sandwich
 Chef Salad w. WG Roll
 Fruit & Yogurt Parfait w.
 Granola



September 1st - 5th

Mon	Labor Day- District Closed
Tue	Conference Day- No Students
Wed	Conference Day- No Students
Thurs	Chicken Bites Sides: Sweet Potato Fries and Peas
Fri	Pasta with Meatballs and Red Sauce Sides: Steamed Broccoli Vegetarian Option: Vegetarian Meatballs with Pasta and Red Sauce



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**Menus Are
Subject to Change**

Daily Specials-
 WG PBJ & String Cheese
 WG Turkey or Ham
 Sandwich
 WG Cheese Sandwich
 Chef Salad w. WG Roll
 Fruit & Yogurt Parfait w.
 Granola

September

8th - 12th

**Menus Are
Subject to Change**

Mon

Cheeseburger on a Whole Grain Bun
 Side: Tater Tots

Vegetarian Option: Veggie Burger on Whole Grain Bun

Tue

Chicken Parmesan with Garlic Breadstick
 Side: Roasted Broccoli

Vegetarian Option: Eggplant Parmesan

Wed

Soft Shell Beef Tacos
 Sides: Fiesta Rice, Lettuce, Diced Tomatoes, Diced Onions,
 Salsa, Sour Cream

Vegetarian Option: Soft Shell Black Bean Tacos

Thurs

BREAKFAST FOR LUNCH!
 Cheese Omelet, Sausage Patty, English Muffin
 Side: Zesty Breakfast Potatoes

Vegetarian Option: Hot Meal is Vegetarian w/out Sausage



Fri

Teriyaki Chicken Bowl
 Sides: Seasoned Rice, Garlic Green Beans, Chow Mein Noodles

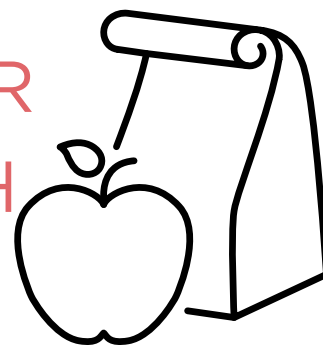
Vegetarian Option: See Daily Alternates

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mail:
 U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410; or
 fax:
 (833) 256-1665 or (202) 690-7442; or
 email:
Program.Intake@usda.gov
 This institution is an equal opportunity provider.

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 WG Cheese Sandwich
 Chef Salad w. WG Roll
 Fruit & Yogurt Parfait w.
 Granola

SEPTEMBER 15TH-19TH



Mon

Philly Cheesesteak on a Sub Roll
 Toppings: American White Cheese, Sauteed Onions and Peppers
 Side: Mixed Vegetable Blend

Vegetarian Option: See Daily Alternates

Tue

Roasted Pork Loin Sauerkraut and Apple sauce
 Sides: Mashed Potatoes, Onions, Glazed Carrots, and Onion Rye Bread

Vegetarian Option: See Daily Alternates

Wed

Bone-In Roasted Chicken
 Sides: Rice, Kale Apple Salad, Gravy

Vegetarian Option: See Daily Alternates



Thurs



NY THURSDAY!
 NYS Sabrett's Hot Dogs on a Whole Grain Roll
 Sides: NYS Roasted Potatoes and Onions

Vegetarian Option: Vegetarian Hot Dogs on Whole Grain Roll

Fri

Assorted Pizza Choices
 Sides: Tossed Romaine Salad, Roasted Chick Peas

Vegetarian Option: Hot Meal is Vegetarian

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Daily Specials-
WG PBJ & String Cheese
WG Turkey or Ham
Sandwich
WG Cheese Sandwich
Chef Salad w. WG Roll
Fruit & Yogurt Parfait w.
Granola

SEPTEMBER 22ND - 26TH

Mon

General Tso's Chicken
Sides: Garlic Ginger rice, Steamed Broccoli
Vegetarian Option: See Daily Alternates

Tue

MCSD CLOSED - Rosh Hashana

Wed

Chicken Bites
Sides: Potato Wedges, Maple Glazed Carrots

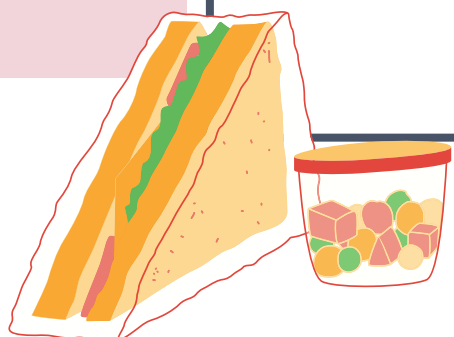
Thurs

Lasagna Roll Ups
Sides: Caesar Salad, Sauteed Garlic Zucchini and Yellow Squash
Vegetarian Option: Hot Meal is Vegetarian

Fri

BBQ Pulled Pork
Sides: Watermelon Cucumber Salad with Feta, Corn Bread,
Baked Potato

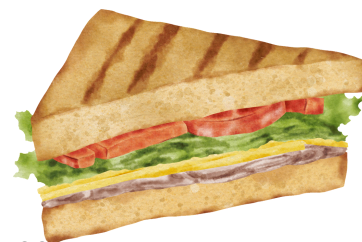
Vegetarian Option: See Daily Alternates



**Menus Are
Subject to Change**

Daily Specials-
 WG PBJ & String
 Cheese
 WG Turkey or Ham
 Sandwich
 WG Cheese Sandwich
 Chef Salad w. WG Roll
 Fruit & Yogurt Parfait
 w. Granola

SEPTEMBER 29TH - OCTOBER 3RD



Mon

Bosco Sticks with Warm Marinara Sauce
 Sides: Francaise Vegetables

Vegetarian Option: See Daily Alternates

Tue

Hot Ham and Cheese on a Pretzel Bun
 Sides: Tomato Soup and Crackers, Tossed Salad

Vegetarian Option: Grilled Cheese on a Pretzel Bun

Wed

Greek Marinated Boneless Chicken Thighs
 Sides: Pita, Israeli Salad, Tzatziki, Lemon Dill Couscous

Vegetarian Option: Marinated Greek Chick Peas

Thurs

MCSD CLOSED- Yom Kippur

Fri

Mac and Cheese with or with out Ham
 Side: Seasoned Peas

Vegetarian Option: Mac and Cheese without Ham



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