

Niagara Wheatfield Central Schools Lunch Menu for upcoming week of October 17 - 21

Elementary (ES), Middle (MS) & High (HS)

MONDAY - ES: Cheeseburger on Bun, Popcorn Chicken, Cheese Pizza, Fish Sandwich, Popcorn Chicken Salad, Tater Tots, Fresh Fruit. **HS, MS:** Cheeseburger on Bun, Chicken Sandwich w/Lettuce & Tomato, Cheese Pizza, Fish Sandwich, Popcorn Chicken Salad, Tater Tots, Fresh Fruit.

TUESDAY - ES: Taco, Popcorn Chicken, Cheese Pizza, Fish Sandwich, Popcorn Chicken Salad, Corn, Cheddar – Sour Cream – Salsa, Fresh Fruit. **HS, MS:** Taco, Chicken Sandwich w/Lettuce & Tomato, Cheese Pizza, Fish Sandwich, Popcorn Chicken Salad, Corn, Cheddar – Sour Cream – Salsa, Fresh Fruit.

WEDNESDAY - ES: Brunch For Lunch, Breakfast Pizza, Popcorn Chicken, Cheese Pizza, Fish Sandwich, Hash Brown Patty, Apple Juice, Fresh Fruit. **HS, MS:** Brunch For Lunch, Breakfast Pizza, Chicken Sandwich w/Lettuce & Tomato, Cheese Pizza, Fish Sandwich, Hash Brown Patty, Apple Juice, Fresh Fruit.

THURSDAY - ES: Mozzarella Sticks w/ Dipping Sauce, Popcorn Chicken, Cheese Pizza, Fish Sandwich, Popcorn Chicken Salad, Broccoli, Diced Pears. **HS, MS:** Mozzarella Sticks w/ Dipping Sauce, Chicken Sandwich w/Lettuce & Tomato, Cheese Pizza, Fish Sandwich, Popcorn Chicken Salad, Broccoli, Diced Pears.

FRIDAY - ES: Big Daddy Pizza, Popcorn Chicken, Fish Sandwich, Popcorn Chicken Salad, Chef Salad w/Tomato Cucumber & Chick Peas, Applesauce Cup. **HS, MS:** Big Daddy Pizza, Chicken Sandwich w/Lettuce & Tomato, Popcorn Chicken Salad, Fish Sandwich, Chef Salad w/Tomato Cucumber & Chick Peas, Applesauce Cup.

ASSORTED FRUIT, MILK & BREAKFAST ARE AVAILABLE DAILY
22-23 SCHOOL YEAR. MENU SUBJECT TO CHANGE

ELECTRONICS

SONY POSUNNY HEALTH AND FITNESS MAGNETIC ROWING MACHINE WITH LCD - Like new. \$100. 716-421-8035.

HSN CELL PHONES - 3 in one station. Never used. \$60/BO. 716-471-4501.

EXERCISE EQUIPMENT

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FURNITURE

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CARD TABLES - Good condition. \$5 each. 716-694-6520.

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Sudoku solution to this week's puzzle

7	6	8	9	1	2	5	4	3
2	3	9	6	4	5	7	8	1
5	1	4	3	7	8	6	9	2
6	8	1	4	2	3	9	5	7
3	7	2	8	5	9	4	1	6
4	9	5	1	6	7	2	3	8
9	4	6	7	3	1	8	2	5
1	2	7	5	8	4	3	6	9
8	5	3	2	9	6	1	7	4

Crossword solution to this week's puzzle

E	L	M	S	B	A	T	C	O	V	E		
Y	E	A	H	P	O	S	H	A	A	R	O	N
E	A	S	E	I	O	T	A	L	U	C	I	D
S	K	E	L	E	T	O	N	G	L	A	D	
S	A	T	Y	R	S	A	D					
A	S	T	H	M	A	T	H	E	R	E	T	O
T	O	E	P	S	Y	C	H	E	O	A	R	S
S	Y	N	C	S	O	A	R	I	N	S	E	T
E	A	C	H	M	U	T	U	A	L	T	A	I
A	S	H	A	M	E	D	S	I	E	S	T	A
I	O	N	A	L	T	A	R					
L	E	N	D	E	X	O	R	C	I	S	M	
L	O	U	S	E	D	I	V	A	C	L	U	B
S	C	R	A	M	G	A	E	L	A	U	T	O
D	H	O	W	E	L	D	S	E	E	P		

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