



January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



Monday



Tuesday



Wednesday

Thursday

Friday

Meatless Monday 7

French Toast Sticks
Cheesy Scrambled Eggs
Warmed Apple Sauce & Carrots
Egg Salad Sandwich

Beef Taco 8

Soft or Hard Shell
Seasoned Rice
Corn
Bologna Sandwich

Chicken Patty 9

Whole Grain Roll
French Fries
Roasted Broccoli
Ham Sandwich

N.Y. Thursday 10

BBQ Pulled Pork
Whole Grain Roll
Baked Beans/Coleslaw
Turkey Sandwich

Pepperoni or Cheese 11

Roll W/ Dipping Sauce
Romaine & Spinach
Salad with Tomatoes,
Fresh Cucumbers

Meatless Monday 14

Macaroni & Cheese
Whole Grain Roll
Seasoned Carrots

Beef Nacho 15

Or
Chicken Nacho
Corn
Bologna Sandwich

Chicken Tender 16

Whole Grain Roll
French Fries
Roasted Broccoli
Ham Sandwich

N.Y. Thursday 17

NY State Speidie Sub
Macaroni Salad
Green Beans
Turkey Sandwich

Cheese Sticks 18

Dipping Sauce
Romaine & Spinach
Salad with Tomatoes,
Fresh Cucumbers
Garbanzo Beans

No School 21

Beef Burrito Bowl 22

Seasoned Beef
Rice, Corn & Cheddar
Cheese w/ Black Bean
Salad
Bologna Sandwich

Oven Baked Chicken 23

Whole Grain Dinner
Mashed Potatoes & Gravy
Roasted Broccoli
Ham Sandwich

N.Y. Thursday 24

Hot Meatball Sub
Buttered Pasta
Green Beans
Turkey Sandwich

Pepperoni or Cheese Roll 25

Romaine & Spinach
Salad with Tomatoes,
Fresh Cucumbers

Meatless Monday 28

Grilled Cheese
Tomato Soup
Seasoned Carrots
Egg Salad Sandwich

Beef Taco 29

Soft or Hard Shell
Seasoned Rice
Corn
Bologna Sandwiches

Open Faced Hot Turkey Sandwich 30

Mash Potatoes/Gravy
Roasted Broccoli
Ham Sandwich

N.Y. Thursday 31

Cheesy Chicken Sub
French Fries
Green Beans
Turkey Sandwich

Announcements

Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
May Choose up to two (2)

Milk Choices:

1% White, Skim White
Skim Chocolate

Daily Choices:

Yogurt Plate
PB&J
Sandwich of the day
Menu subject to change without notice.

Meal Prices

Breakfast and Lunch will be served at NO COST to students for the 18/19 school year!

Must Take a Complete Meal