



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



French Toast Sticks
Cheesy Scrambled Eggs, Warmed Apple Sauce
Glazed Carrots

N.Y. Thursday
Cheesy Chicken Sub
Sub
Sweet Potato Fries
Green Beans

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

Meatless Monday
Macaroni & Cheese
Whole Grain Roll
Seasoned Carrots

Beef or Chicken Taco W/ Tomatoes
Shredded Lettuce
Seasoned Rice
Corn

Sweet Sausage Peppers & Onion Sub
Macaroni Salad
Green Beans

N.Y. Thursday
Cheeseburger
Whole Grain Roll
French Fries
Baked Beans

Hand Stretched Pizza Cheese & Pepperoni
Romaine & Spinach Salad with Tomatoes, Fresh Cucumbers

Meatless Monday
Grilled Cheese
Tomato Soup
Roasted Broccoli

Beef or Chicken Nachos
Sour Cream & Salsa
Black Bean Salad

Turkey & Gravy Over Warmed Buttermilk Biscuit
Green Beans

N.Y. Thursday
Italian Melt
pretzel Roll
French Fries
Carrot Sticks

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

NO School

Beef Burrito Bowl
Seasoned Beef, Over Rice
Cheddar Cheese
Corn

Oven Roasted Chicken on Whole Grain Roll W/ Lettuce & Tomato
Broccoli Salad

N.Y. Thursday
N.Y. State Spiedies
Sub W/ Green Beans
French Fries

Garlic Cheese Sticks W/ Dipping Sauce
Romaine & Spinach Salad with Tomatoes, Fresh Cucumbers

Meatless Monday
Cheesy Baked Ziti
Whole Grain Roll
Roasted Broccoli

Beef or Chicken Taco W/ Tomatoes
Shredded Lettuce
Seasoned Rice
Corn

Hot Meatball Sub
Buttered Parmesan Pasta
Seasoned Carrots

N.Y. Thursday
BBQ Pulled Pork
Whole Grain Roll
French Fries
Coleslaw

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:

TRIPLE DECKER PB&JELLY

SALAD BAR

SMOOTHIE BAR

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