

**Pricing:**  
Lunch: \$3.50  
Milk: \$.60

# MENU

This month's local Eggs  
are from Newburg Egg  
(the omelet is made by  
Kay Foods in Albany NY)

JANUARY

**Daily Entrée Options:**  
PB & J Uncrustables  
Hummus & Tortilla Chips  
Fruit Parfait  
Turkey Sub or Chicken Wrap

## MIDDLE SCHOOL LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>No School</b> 1 New Years Day	<b>Chicken Nuggets</b> 2 Mashed Potatoes Steamed Peas & Carrots Cocoa Brownie Bar	<b>Cheese or Pepperoni Pizza</b> 3 Garden Salad Blue Raspberry Applesauce Cup
<b>Baked Ziti</b> 6 (beef, marinara, cheese) Garlic Breadstick Seasoned Green Beans Baby Carrots & Dip	<b>Chicken &amp; Waffles</b> 7 Emoji French Fries & Cucumber Slices Yogurt Cup/Syrup Cup	<b>Ultimate Nachos</b> 8 (seasoned turkey, nacho cheese, refried beans) Salsa & Sour Cream Yellow Corn & Black Beans Rainbow Pepper Sticks	<b>Macaroni &amp; Cheese Bar</b> 9 w/ Pulled Pork Yogurt Cup & Granola Steamed Broccoli Fresh Veggies & Hummuxe	<b>Cheese or Pepperoni</b> 10 <b>Pizza</b> Garden Salad Vanilla Emoji Grahams
<b>Pancakes (w/syrup)</b> 13 Hash Brown Yogurt Cup Baby Carrots & Dip	<b>Chicken Tenders</b> 14 Crinkle Fries Cucumber Slices Corn Muffin Warm Cinnamon Pears	<b>Cheesy Breadsticks</b> 15 <b>with Marinara Sauce</b> Breaded Broccoli Bites Fresh Veggie w/Hummus Mini Rice Crispy Treat	<b>Soft Tacos (2)</b> 16 (seasoned turkey, cheese, salsa, sour cream) Tortilla Chips w/Bean Dip Yellow Corn	<b>Cheese or Pepperoni</b> 17 <b>Pizza</b> Garden Salad Strawberry Applesauce Cup
<b>No School</b> 20 MLK Jr Day	<b>Loaded Potato Wedges</b> 21 (Pulled Pork, Cheese Sauce, Salsa, Sour Cream) Yellow Corn & Pretzel Sticks Cucumber Slices	<b>French Toast Sticks</b> 22 <b>Cheese Omelet</b> Harvest Home Fries of the Syrup Cup  <b>Month</b>	<b>Chicken Nuggets</b> 23 Warm Garlic Knot Emoji French Fries Seasoned Green Beans Fresh Veggie w/Hummus	<b>Cheese or Pepperoni</b> 24 <b>Pizza</b> Garden Salad Cinnamon Scooby Doo Grahams
<b>Cheeseburger</b> 27 French Fries Baby Carrots Winter Berry Fruit Salad	<b>Wild Mike's Cheesy</b> 28 <b>Bites w/Marinara Sauce</b> Breaded Broccoli Bites Cucumbers w/Hummus Choc Chip Cookie	<b>No School</b> 29 Lunar New Year	<b>Sweet &amp; Sour Chicken</b> 30 Fried Rice & Dumplings Steamed Broccoli Fresh Veggies & Dip	<b>Cheese or Pepperoni</b> 31 <b>Pizza</b> Garden Salad Mango Peach Applesauce Cup

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change. Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

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In collaboration with  
**CAPITAL REGION**  
**BOCES**  
SHARED FOOD SERVICE PROGRAM

