

MENU

This month's NY food item is from Newburg Egg (the omelet is made by Kay Foods in Albany NY)

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JANUARY
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7-12 LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		No School New Years Day 1	Crispy Chicken Sandwich 2 Seasoned Waffle Fries Steamed Carrots Cocoa Brownie Bar	Pizza Slice 3 (Cheese or Pepperoni) Steamed Mixed Veggie Caesar Side Salad
Rotini with Meat Sauce 6 Garlic Breadstick Seasoned Green Beans Warm Cinnamon Pears	Baked Potato Bar 7 (pulled chicken, queso & bacon) Garlic Knot Steamed Broccoli Salsa & Sour Cream	Sampler Platter 8 (chick tenders & mozz sticks) French Fries Fresh Veggies w/Hummus	Ultimate Nachos 9 Salsa & Sour Cream Guacamole, Olives, Jalapenos Mexican Street Corn Mango Peach Applesauce	Pizza Slice 10 (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad
Crispy Chicken Tenders 13 with assorted dipping sauces Steamed Carrots Rainbow Pepper Sticks	BBQ Pork Bowl 14 Pineapple Corn Rice Veggie Pinto Beans New Recipe! Cucumber Slices Fruit Salad	Toasted Meatball Sub 15 w/Mozzarella French Fries Peas & Carrots	Macaroni & Cheese Bar 16 w/Bufalo Chicken Texas Toast & Broccoli Fresh Grape Tomatoes	Pizza Slice 17 (Cheese or Pepperoni) Steamed Mixed Veggie Caesar Side Salad
No School 20 MLK Jr Day	Bistro Cheeseburger 21 (plain, cheese or bacon) Kettle Cooked Potato Chips Baked Beans Fresh Veggie w/Hummus	Breakfast for Lunch 22 Sunrise Waffles (2) Cheese Omelet Harvest of the Month Home Fries Juice & Syrup 	Taco Salad w/Chips 23 (meat, cheese & lettuce) Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn & Rice Crispy	Pizza Slice 24 (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad
Hot Dog on WG Bun 27 Baked Beans Yellow Corn Baked Beans	Pineapple Teriyaki 28 Chicken Fried Rice & Veg Egg Roll Stir Fry Vegetables Baby Carrots	No School 29 Lunar New Year	Tortellini Alfredo with 30 Chicken Garlic Knot Roasted Broccoli Grape Tomatoes	Pizza Slice 31 (Cheese or Pepperoni) Steamed Mixed Veggie Caesar Side Salad

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.

In collaboration with
CAPITAL REGION
BOCES
 SHARED FOOD SERVICE PROGRAM

