

JANUARY 2024

Carb Counter Menu CSEL/SS

Meal Prices

Breakfast: No Charge Reduced: No Charge
 Lunch: \$2.75 Reduced: No Charge
 Hudson Valley Fresh Milk: \$0.60

	Monday	Tuesday	Wednesday	Thursday	Friday	
BREAKFAST: Three Components Served Daily Grain 1 oz Fruit 1/2 Cup Milk 8 oz	Yogurt 19 Granola 9 Muffin 28 Peaches 14	Egg/Cheese/Bagel 27 Muffin 28 Orange Juice 13	Toasted Waffles 26 Syrup 31 Muffin 28 Sausage Links 1 Applesauce 14	Breakfast Pizza 25 Muffin 28 Apple Juice 13	Pancakes 16 Syrup 31 Muffin 28 Fruit Cocktail 13	LUNCH: Five Components Offered Daily Proteins 1 oz Whole Grains 1 oz Fruits 1/2 cup Vegetables 1/2 cup Milk 8 oz
	Lunch					
Alternate Entrée Sandwich Turkey Sandwich 26 Turkey/Cheese Sandwich 27 Cheese Sandwich 33 Ham Sandwich 26 Peanut butter/Jelly 35 Salad Entrée Chef Salad 11 All Salads include Grain 23			3 BBQ Pork Patty 11 Bun 25 Baked Beans 26 Fruit Cocktail 15	4 Hamburger 0 Bun 25 Potatoes 17 Salad 0 Orange Wedge 15	5 Pizza 35 Carrots 15 Salad 0 Fresh Apple 25	Milk 8 oz F/F Chocolate 24 F/F Strawberry 24 F/F White 13 1 % 13 Juice 4 oz Apple 13 Grape 19 Orange 13 Cranberry 14 Fresh Fruit: 1/2 cup Apple 25 Banana 27 Orange 15 Strawberry 6 Grapes 8 1oz Cereal Bowls Cheerios 21 Cocoa Puffs 25 Lucky Charms 23 Chex 27 Kix 15 Raisin Bran 27
	8 Bosco Bread Stick 24 Marinara 10 Peas 10 Peaches 14	9 Taco Meat 0 Corn Shells 13 Salad 0 Refried Beans 15 Salsa 1 Diced Pears 18	10 Grilled Cheese 33 Chicken Soup 8 Green Beans 5 Salad 0 Fruit Cocktail 15	11 Lasagna 29 Garlic Bread 26 Salad 0 Broccoli 8 Diced Peaches 14	12 Pizza 35 Carrots 15 Salad 0 Fresh Apple 25	
	15 Martin Luther King Day	16 Cheese Bites 28 Marinara 10 Salad Bar 0 Apple Slices 8	17 Pulled Pork 11 Bun 25 Sweet Potato 17 Diced Pears 18	18 Fish Fillet 18 Bun 25 Corn 13 Applesauce 14	19 Mac and Cheese 31 Salad 0 Broccoli 8 Orange Wedges 15	
	22 Mozzarella Sticks 31 Marinara 10 Peas 10 Salad 0 Diced Peaches 14	23 Burrito 30 Salad 0 Salsa 1 Red Peppers 5 Diced Pears 18	24 Hamburger 0 Bun 25 Potatoes 17 Salad 0 Orange Wedge 15	25 NY Thursday Beef Sauce 0 Pasta 41 Salad 0 Broccoli 8 NY Apple 25	26 Hot Dog 0 Bun 25 Baked Beans 26 Fruit Cocktail 15	
	29 Steak 0 Bun 25 Green Bean 5 Fruit Cocktail 15	30 Cheese Ravioli 34 Garlic Bread 25 Carrots 15 Peaches 14	31 Chicken Drummy 6 Pita Chips 19 Salad 0 Potatoes 17 Fruit Cocktail 15			