


Stissing Mt Jr/Sr High School 6-12

JANUARY 2024

Meal Prices

Breakfast: No charge Reduced: No charge
 Lunch: \$3.00 Reduced: No charge
 Hudson Valley Fresh Milk: \$0.60

	Monday	Tuesday	Wednesday	Thursday	Friday		
BREAKFAST: Four Components Served Daily. Protein 1 oz Grain 2 oz. Fruit 1 cup Milk 8 oz. 400-600 Calories SANDWICH SHOP MONDAY GRILLED CHICKEN TUESDAY TURKEY/CHEESE WEDNESDAY HAM/CHEESE THURSDAY TURKEY/HAM FRIDAY CHICKEN SALAD SALADS GALORE MONDAY GRILLED CHICKEN TUESDAY TURKEY WEDNESDAY CHOPPED HAM/CHEESE THURSDAY CHEF SALAD FRIDAY CHICKEN CAESAR **Salads include a whole grain. QUESTIONS/COMMENTS? Please call Larry Anthony, FSD 518.398.7181ext. 1351	* BREAKFAST*					DID YOU KNOW? MySchoolBucks.com makes meal payment convenient and simple! Scan the code below to go to the website:  You can manage your student's account and make Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds. WE ARE AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER! Employment Opportunities Available!!! Free and Reduced Lunch Applications are available in your school office and on the school web page.	
	Upstate Yogurt Granola Cereal/Muffin Diced Peaches HVF Milk	Egg/Cheese Bagel Cereal/Muffin Orange Juice HVF Milk	Waffles Wednesday Sausage Links Cereal/Muffin Applesauce HVF Milk	Breakfast Pizza Cereal/Muffin Apple Juice HVF Milk	Pancakes Cereal/Muffin Fruit Cocktail HVF Milk		
	CHOOSE A MEAL						
		2 Chicken Nuggets Salad Bar Buttered Corn Applesauce HVF Milk	3 BBQ Pork Patty w/Bun Salad Bar Baked Beans Fruit Cocktail HVF Milk	4 Cheeseburger w/ Bun Salad Bar French Fries Orange Wedges HVF Milk	5 Cheese Pizza Salad Bar Steamed Carrots Fresh NY Apple HVF Milk		
	8 Bosco Bread Sticks Marinara Sauce Salad Bar Buttered Peas Diced Peaches HVF Milk	9 Twin Taco Tuesday Salad Bar Refried Beans, Salsa Diced Peas HVF Milk	10 Grilled Cheese Sandwich Chicken Soup Salad Bar Steamed Green Beans Fruit Cocktail HVF Milk	11 Baked Cheese Lasagna Garlic Bread Salad Bar Steamed Broccoli Diced Peaches HVF Milk	12 Cheese Pizza Salad Bar Steamed Carrots Fresh NY Apple HVF Milk		
	15 Martin Luther King DAY	16 Wild Mike's Cheese Bites Marinara Sauce Salad Bar Apple Slices HVF Milk	17 Pulled BBQ Pork w/Bun Salad Bar Sweet Potatoes Diced Peas, HVF Milk	18 Fish Fillet w/Bun Salad Bar Buttered Corn Apple Sauce HVF Milk	19 Mason's Mac and Cheese Salad Bar Steamed Broccoli Orange Wedges HVF Milk		
	22 Mozzarella Sticks Marinara Sauce Buttered Peas Salad Bar Diced Peaches HVF Milk	23 Bean and Cheese Burrito Salad Bar, Salsa Sweet Red Peppers Diced Peas HVF Milk	24 Cheeseburger w/ Bun Salad Bar French Fries Orange Wedges HVF Milk	NY Thursday NY Beef Sauce Sfoglioni Pasta Salad Bar Steamed Broccoli NY Apple, HVF Milk	26 Hot Dog w/Bun Salad Bar Baked Beans Fruit Cocktail HVF Milk		
	29 Steak-Um Sandwich Salad Bar Green Beans Fruit Cocktail HVF Milk	30 Cheese Ravioli Garlic Bread Buttered Carrots Diced Peaches HVF Milk	31 Chicken Drummie Issa's Pita Chips Salad Bar French Fries Diced Pears HVF HVF Milk		Served Daily. Protein 2 oz Whole Grain 2 oz Vegetable 1 cup Fruit 1 cup Milk 8 oz 750-850 Calories		