

**SS/CS Elementary PreK-5  
FEBRUARY 2024**

**Meal Prices**  
 Breakfast: No Charge  
 Lunch: No Charge  
 Hudson Valley Fresh Milk \$.60 (Included with meals)

| <b>BREAKFAST:</b><br><i>Four Components Served Daily.</i><br><i>Protein 1 oz</i><br><i>Grain 1 oz. Fruit 1/2 cup</i><br><i>Low Fat Milk 8 oz.</i><br><br><i>350-500 calories</i>  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | <b>DID YOU KNOW?</b><br><br><a href="http://MySchoolBucks.com">MySchoolBucks.com</a> makes meal payment convenient and simple! Scan the code below to go to the website:<br><br><br><br>You can manage your student's account and make payments online. |
|---|--|---|--|--|--|--|
|   | <b>*CHOOSE A MEAL* BREAKFAST</b>   |   |  |  |  |  |
|   | Upstate Yogurt<br>Granola<br>Cereal/Muffin<br>Diced Peaches<br>HVF Milk  | Egg/Cheese Bagel<br>Cereal/Muffin<br>Orange Juice<br>HVF Milk   | Waffles Wednesday<br>Sausage Links<br>Cereal/Muffin<br>Applesauce<br>HVF Milk  | Breakfast Pizza<br>Cereal/Muffin<br>Apple Juice<br>HVF Milk  | Pancakes<br>Cereal/Muffin<br>Fruit Cocktail<br>HVF Milk  |  |
|   | <b>*CHOOSE A MEAL* LUNCH</b>   |   |  |  |  |  |
| <b>SANDWICH SHOP</b><br>Daily choice of<br><br><i>GRILLED CHICKEN</i><br><i>TURKEY/CHEESE</i><br><i>HAM/CHEESE</i><br><i>TURKEY/HAM/CHEESE</i><br><i>CHICKEN SALAD</i><br><i>PEANUT BUTTER/JELLY</i><br><i>AMERICAN CHEESE</i>                            |  |   |  | 1<br>Arthur's Egg Noodles<br>Popcorn Chicken<br>Salad Boat<br>Steamed Broccoli<br>Orange Wedges<br>HVF Milk. Day 6 | 2<br>De 'Orios Cheese Pizza<br>Salad Boat<br>Steamed Carrots<br>Fresh NY Apple<br>HVF Milk<br><br>Day 1                        |  |
| <b>SALADS GALORE</b><br><br><u>MONDAY</u><br><i>GRILLED CHICKEN</i><br><br><u>TUESDAY</u><br><i>TURKEY</i><br><br><u>WEDNESDAY</u><br><i>CHOPPED HAM/CHEESE</i><br><br><u>THURSDAY</u><br><i>CHEF SALAD</i><br><br><u>FRIDAY</u><br><i>CHICKEN CAESAR</i> | 5<br>Wild Mikes Cheese Bites<br>Marinara Sauce<br>Salad Boat<br>Buttered Peas<br>Diced Peaches<br>HVF Milk Day 2 | 6<br>Texas Melt Tuesday<br>Corn Chips<br>Salad Boat<br>Refried Beans, Salsa<br>Diced Pears<br>HVF Milk. Day 3                           | 7<br>Veggie Burger w/Bun<br>Lettuce/Tomato/Pickle<br>Salad Boat<br>Steamed Green Beans<br>Fruit Cocktail<br>HVF Milk Day 4 | 8<br>Baked Cheese Lasagna<br>Garlic Bread<br>Salad Boat<br>Steamed Broccoli<br>Diced Peaches<br>HVF Milk. Day 5    | 9<br>Chicken Nuggets<br>Salad Boat<br>Steamed Carrots<br>Fresh NY Apple<br>HVF Milk<br><br>Day 6                               |  |
| **Salads include a whole grain.   | 12<br>Chicken Dumplings<br>Steamed Rice<br>Salad Boat<br>Snow Peas<br>Mandarin Orange<br>HVF Milk Day 1          | 13<br>NY Meatloaf<br>Garlic Bread<br>Salad Boat<br>Mashed Potato/Gravy<br>Apple Slices<br>HVF Milk. Day 2                               | 14<br>BBQ Pork Patty w/Bun<br>Salad Boat<br>Sweet Potatoes<br>Diced Pears, HVF Milk<br><br>Day 3                           | 15<br>Popcorn Chicken<br>Salad Boat<br>Buttered Corn<br>Apple Sauce<br>HVF Milk<br><br>Day 4                       | 16<br>De 'Orios Cheese Pizza<br>Salad Boat<br>Steamed Green Beans<br>Fruit Cocktail<br>HVF Milk<br><br>Day 5                   | <b>Allergy Alerts!</b><br>Call for details. Some menu items may contain tree nuts and or seeds.  |
| <b>QUESTIONS/COMMENTS?</b><br>Please call Larry Anthony, FSD<br>518.398.7181  | 19<br><br><b>Presidents' Day</b>   | 20<br>Chicken Drummie<br>Issa's Pita Chips<br>Salad Boat<br>French Fries<br>Diced Pears,<br>HVF Milk Day 6                              | 21<br>Bean and Cheese Burrito<br>Salad Boat, Salsa<br>Green Beans<br>Diced Pears<br>HVF Milk<br><br>Day 1                  | NY Thursday<br>NY Beef Sauce<br>Sfoglioni Pasta<br>Salad Boat<br>NY Sweet Potato<br>NY Apple, HVF Milk<br>Day 2    | 23<br>De 'Orios Pizza<br>Salad Boat<br>Roasted Broccoli<br>Fruit Cocktail<br>HVF Milk<br><br>Day 3                             | <b>WE ARE AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER!</b><br>Employment Opportunities Available!!!   |
|   | 26<br>Veggie Nuggets<br>Salad Boat<br>Green Beans<br>Fruit Cocktail<br>HVF Milk<br><br>Day 4                     | 27<br>Twin Taco Tuesday (Soft Shell)<br>Shredded Cheese/Tomato<br>Salad Boat<br>Refried Beans<br>Orange Wedges<br>HVF Milk<br><br>Day 5 | 28<br>Cheese Ravioli<br>Garlic Bread<br>Salad Boat<br>Buttered Carrots<br>Diced Peaches<br>HVF Milk<br><br>Day 6           | 29<br>Chicken Empanada<br>Salad Boat<br>Buttered Corn<br>Pineapple<br>HVF Milk<br><br>Day 1                        | 5 Components Served.<br>Whole Grain 1 oz<br>Protein 2oz<br>Vegetable 1/2 cup<br>Fruit 1/2 cup<br>Milk 8 oz<br>Calories 550-650 |  |