

Stissing Mt Jr/Sr High School 6-12
FEBRUARY 2024

Meal Prices
Breakfast: No charge
Lunch: No Charge
Hudson Valley Fresh Milk: \$0.60 (Included with Meals)

	Monday	Tuesday	Wednesday	Thursday	Friday		
BREAKFAST: <i>Four Components Served Daily.</i> <i>Protein 1 oz</i> <i>Grain 2 oz.</i> <i>Fruit 1 cup</i> <i>Milk 8 oz.</i> 400-600 Calories SANDWICH SHOP <u>MONDAY</u> GRILLED CHICKEN <u>TUESDAY</u> TURKEY/CHEESE <u>WEDNESDAY</u> HAM/CHEESE <u>THURSDAY</u> TURKEY/HAM <u>FRIDAY</u> CHICKEN SALAD SALADS GALORE <u>MONDAY</u> GRILLED CHICKEN <u>TUESDAY</u> TURKEY <u>WEDNESDAY</u> CHOPPED HAM/CHEESE <u>THURSDAY</u> CHEF SALAD <u>FRIDAY</u> 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 payments online.	
	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						
				1 Arthur's Egg Noodles Popcorn Chicken Salad Bar Steamed Broccoli Orange Wedges HVF Milk.	2 De 'Orios Cheese Pizza Salad Bar Steamed Carrots Fresh NY Apple HVF Milk		
	5 Wild Mikes Cheese Bites Marinara Sauce Salad Bar Buttered Peas Diced Peaches HVF Milk	6 Texas Melt Tuesday Corn Chips Salad Bar Refried Beans, Salsa Diced Pears HVF Milk.	7 Veggie Burger w/Bun Lettuce/Tomato/Pickle Salad Bar Steamed Green Beans Fruit Cocktail HVF Milk	8 Baked Cheese Lasagna Garlic Bread Salad Bar Steamed Broccoli Diced Peaches HVF Milk.	9 Chicken Nuggets Salad Bar Steamed Carrots Fresh NY Apple HVF Milk		
	12 Chicken Dumplings Steamed Rice Salad Bar, Snow Peas Mandarin Orange HVF Milk	13 NY Meatloaf Garlic Bread Salad Bar Mashed Potato/Gravy Apple Slices, HVF Milk	14 BBQ Pork Patty w/Bun Salad Bar Sweet Potatoes Diced Pears, HVF Milk	15 Popcorn Chicken Salad Bar Buttered Corn Apple Sauce HVF Milk	16 De 'Orios Cheese Pizza Salad Bar Steamed Green Beans Fruit Cocktail HVF Milk		
	19 Presidents' Day	20 Chicken Drummie Issa's Pita Chips Salad Bar French Fries Diced Pears, HVF Milk	21 Bean and Cheese Burrito Salad Bar, Salsa Green Beans Diced Pears HVF Milk	NY Thursday NY Beef Sauce Sfoglioni Pasta Salad Bar NY Sweet Potato NY Apple, HVF Milk	23 De 'Orios Pizza Salad Bar Roasted Broccoli Fruit Cocktail HVF Milk		
	26 Veggie Nuggets Salad Bar Green Beans Fruit Cocktail HVF Milk	27 Twin Taco Tuesday (Soft Shell) Shredded Cheese/Tomato Salad Bar Refried Beans Orange Wedges HVF Milk	28 Cheese Ravioli Garlic Bread Buttered Carrots Diced Peaches HVF Milk	29 Chicken Empanada Salad Bar Buttered Corn Pineapple HVF Milk	Served Daily. Protein 2 oz Whole Grain 2 oz Vegetable 1 cup Fruit 1 cup Milk 8 oz 750-850 Calories		
							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.