


**NY in NOVEMBER 2024**  
**Stissing Mt Jr/Sr High School 6-12**

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

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>BREAKFAST:</b> <i>Three Components Served Daily.</i> <b>Grain 1 oz.</b> <b>Fruit 1 cup</b> <b>Milk 8 oz.</b> <b>450-500 Calories</b>	<b>*CHOOSE A MEAL* BREAKFAST</b>					<b>DID YOU KNOW?</b> 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 Peaches Apple or Orange Juice HVF Milk	Hot Egg/Cheese Bagel Cereal/Muffin Orange Wedges Apple or Orange Juice HVF Milk	Waffle Wednesday Sausage Links Cereal/Muffin Fresh Apple Apple or Orange Juice HVF Milk	Breakfast Pizza Cereal/Muffin Fresh Banana Apple or Orange Juice HVF Milk	French Toast Cereal/Muffin Diced Pears Apple or Orange Juice HVF Milk	
<b>SANDWICH SHOP</b> Have your sandwich custom ordered!!	<b>*CHOOSE A MEAL* LUNCH</b>					
	<b>04</b> Everyday Vegetarian Option: Peanut Butter/Jelly or American Cheese Sandwich	<b>Served Daily.</b> Protein 2 oz Whole Grain 2 oz Vegetable 1 cup Fruit 1 cup Milk 8 oz 750-850 Calories	<b>Help Needed</b> Please Contact our Food Services Dept. <a href="mailto:L.anthony@ppcsd.org">L.anthony@ppcsd.org</a> 518.398.7181 ext. 1351	<b>01</b> NY Cheese Pizza NY Steamed Carrots NY Greens Salad NY Apple HVF Milk		
<b>SALADS GALORE</b> Check out our Salad Bar. Featuring a variety of Locally Grown items!!	<b>05</b> NY Cheeseburger w/Bun Dill Pickle NY Roasted Potatoes NY Greens Salad NY Niagara Grapes HVF Milk	<b>06</b> NY Roast Chicken NY Steamed Rice NY Buttered Corn NY Greens Salad NY Blueberry Cup HVF Milk	<b>07</b> NY Meatball Parm Hero NY Bean Salad NY Greens Salad NY Pears HVF Milk	<b>08</b> NY Cheese Pizza NY Steamed Carrots NY Greens Salad NY Apple HVF Milk		
	<b>11</b> Veteran's Day	<b>12</b> NY Roasted Chicken NY ISSA's Pita Chips NY Buttered Green Beans NY Greens Salad NY Applesauce HVF Milk	<b>13</b> NY Beef Bolognese w/ Sfoglini Pasta NY Buttered Peas NY Greens Salad NY Pears HVF Milk	<b>14</b> NY Hudson Fisheries Steelhead Trout NY Steamed Rice NY Three Bean Salad NY Greens Salad NY Plums. HVF Milk	<b>15</b> NY Cheese Pizza NY Steamed Carrots NY Greens Salad NY Apple HVF Milk	
<b>QUESTIONS/COMMENTS?</b> Please call Larry Anthony, FSD 518.398.7181ext. 1351	<b>18</b> NY Beef Hot Dog NY Green Peas NY Green Salad NY Plums HVF Milk	<b>19</b> NY Beef Nacho Tuesday Cheese/Salsa NY Black Bean Salsa NY Greens Salad NY Blueberry Cup HVF Milk	<b>20</b> Northwind Farms Turkey NY Roasted Potatoes w/Gravy Stuffing NY Greens Salad NY Apple Crisp HVF Milk	<b>21</b> NY Cheeseburger w/Bun, Dill Pickle NY Mixed Vegetables NY Greens Salad NY Pears HVF Milk	<b>22</b> NY Cheese Pizza NY Steamed Carrots NY Greens Salad NY Strawberry Cup HVF Milk	
	<b>25</b> NY Hudson Fisheries Steelhead Trout NY Steamed Rice NY Three Bean Salad NY Greens Salad Sweet and Sour Cherries HVF Milk	<b>26</b> NY Meatloaf ISSA Pita Chips NY Roasted Potatoes NY Greens Salad NY Blueberry Cup HVF Milk	<b>27</b> Happy Thanksgiving	<b>28</b> Happy Thanksgiving	<b>29</b> Happy Thanksgiving	

**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!!