



NYS Apples
NYS Carrots
NYS Beets
NYS Parsnips

January
2025
UPK-3



Lunch

IROQUOIS



Monday	Tuesday	Wednesday	Thursday	Friday
Happy New Year 2025				
		1	2	3
			Mozzarella Sticks Dipping Sauce on Side	Pasta & Meatball Garlic Roll
			Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	1C Romaine Salad = 1/2c Glazed Carrots 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
6	7	8	9	10
Popcorn Chicken Over Rice	Tostitos Nachos Grande Sour Cream & Salsa	Macaroni & Cheese	Cheeseburger on WG Roll	Shaved Steak Sub
Vegetarian Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Cauliflower 1/2c NY Steamed Beets 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
13	14	15	16	17
Chicken Tenders Seasoned Noodles	Taco Lettuce & Cheese Sour Cream & salsa	Chicken Nuggets	Grilled Cheese Sandwich	Loaded Tater Tots Taco Meat & Cheese
Green Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Vegetarian Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Sweet Potatoes 1/2c NYS Carrots Sticks 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
20	21	22	23	24
	Taco In a Bag Lettuce & Cheese Sour Cream & Salsa	Macaroni & Cheese	Pizza Day!!!	Chicken Alfredo Over Noodles
	Steamed Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Green Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Carrot Sticks 1/2c Mixed Vegetables 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
27	28	29	30	31
Popcorn Chicken Mashed Potatoes	Chicken Quesadilla	NO SCHOOL	Mozzarella Sticks Dipping Sauce on Side	Cheeseburger on WG Roll
Steamed Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz		Green Beans 1/2 Fresh or Prepared Fruit 1/2 C Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz

NYS LOCAL FOODS
*Upstate Farms
Milk, Yogurt, Sour Cream
Preston Farms
Assorted Varieties of Apples
Preston Farms
Assorted Fruits & Vegetables
used in Meal Program
highlighted in green

The Following Entrees Served Daily:

Subs and Wraps (2M2G)

Salads Made to Order
(Includes Flatbread) 2M2G

Peanut Butter & Jelly
Sandwich (2M2G)

Fruit & Yogurt Parfait
w/Flatbread(2M2G)

Cheese or Pepperoni
Pizza (2M2G)

Offered daily
with all School Lunches:
Fresh or Prepared Fruit
(Must take 1/2 cup of Fruit or Vegetable –
may take up to 1 cup)

**NY State 8oz 1% or Skim
White Milk
Fat Free Chocolate Milk**



If your child has a particular food allergy, please contact the food service office @ (716)652-3000/7701

**Student \$2.85
Adult \$5.10**