

As part of the Community Eligibility Provision (CEP), we are pleased to announce that breakfast and lunch will be provided to all students at no charge. Please note that this applies to the first meal only. Any second meals will incur a charge. Enjoy your meals!

MENU

UPK LUNCH

JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		No School 1 	Popcorn Chicken 2 Mashed Potatoes Steamed Peas & Carrots Assorted Fresh Fruit 1% Milk	Cheese Pizza 3 Fresh Veggie Blue Raspberry Applesauce Cup 1% Milk
Rotini with Meat Sauce 6 Garlic Breadstick Seasoned Green Beans 1% Milk	Chicken Nuggets 7 Emoji French Fries Fruit 1% Milk	Ultimate Nachos 8 (taco meat, cheese) Salsa & Sour Cream Rainbow Pepper Sticks 1% Milk	Macaroni & Cheese 9 Cucumbers & Tomatoes Hummus Dip 1% Milk	Cheese Pizza 10 Fresh Veggie Assorted Fresh Fruit 1% Milk
Toasted Ham & Cheese Croissant 13 String Cheese & Cucumber 1% Milk	Roasted Turkey 14 Mashed Potatoes Corn Muffin Warm Cinnamon Pears 1% Milk	Cheesy Breadsticks with Marinara Sauce 15 Breaded Broccoli Bites Assorted Fresh Fruit 1% Milk	Orange Chicken 16 Fried Rice Baby Carrots 1% Milk	Cheese Pizza 17 Fresh Veggie Strawberry Applesauce Cup, 1% Milk
No School 20 	Chicken Nuggets 21 Emoji French Fries Fresh Veggie 1% Milk	Mozzarella Sticks 22 Marinara Sauce Fresh Veggie with Dip 1% Milk 	Tortellini Alfredo with Chicken 23 Garlic Texas Toast Fresh Grape Tomatoes 1% Milk	Cheese Pizza 24 Fresh Veggie Assorted Fresh Fruit 1% Milk
Cheeseburger 27 French Fries Winter Berry Fruit Salad 1% Milk	Cheesy Breadsticks w/Marinara Sauce 28 Breaded Broccoli Bites Fresh Fruit 1% Milk	No School 29 	Ultimate Nachos 30 (Taco meat, cheese) Salsa & Sour Cream Yellow Corn 1% Milk	Cheese Pizza 31 Fresh Veggie Mango Peach Applesauce Cup, 1% Milk

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change. Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white milk.

In collaboration with
CAPITAL REGION
BOCES
SHARED FOOD SERVICE PROGRAM



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