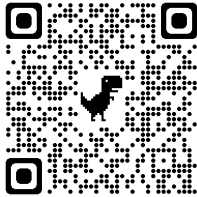


JANUARY 2025 LAMS 6-8

Meal Prices		
Breakfast:	No Charge	Reduced: No Charge
Lunch:	\$3.00	Reduced: No Charge
Hudson Valley Fresh Milk: \$0.60		

	Monday	Tuesday	Wednesday	Thursday	Friday	DID YOU KNOW?	
<p>BREAKFAST: Three Components Served Daily. Grain 1 oz. Fruit 1 cup Low Fat Milk 8 oz. Calories 400-550</p> <p>SANDWICH SHOP DAILY SELECTIONS</p> <p>HAM/CHEESE TURKEY/CHEESE PEANUT BUTTER/JELLY</p> <p>SALADS GALORE MONDAY GRILLED CHICKEN TUESDAY TURKEY WEDNESDAY CHOPPED HAM/CHEESE THURSDAY CHEF SALAD FRIDAY CHICKEN CAESAR</p> <p>**Salads include a whole grain.</p> <p>QUESTIONS/COMMENTS? Please call Larry Anthony, FSD 845.758.2241 ext. 38100</p>	*CHOOSE A MEAL* BREAKFAST					<p>MySchoolBucks.com makes meal payment convenient and simple! Scan the code below to go to the website:</p>	
	Upstate Yogurt/Granola Cereal/Muffin Peaches Orange Juice HVF Milk	Hot Egg/Cheese Bagel Cereal/Muffin Orange Wedges Orange Juice HVF Milk	Waffle Wednesday Sausage Links Cereal/Muffin Applesauce Orange Juice HVF Milk	Breakfast Pizza Cereal/Muffin Fruit Cocktail Orange Juice HVF Milk	French Toast Cereal/Muffin Pears Orange Juice HVF Milk		<div style="text-align: center;">  </div> <p>You can manage your student's account and make payments online.</p> <p style="text-align: center;">Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds.</p> <p style="text-align: center;">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.</p>
	LUNCH MENU						
	Everyday Vegetarian Option: Peanut Butter/Jelly Or American Cheese Sandwich	Served Daily: Protein 1 oz. Whole Grains 1 oz. Vegetables 3/4 cup Fruit 1/2 cup Milk 8 oz. Calories 600-700	Winter Recess	2 Chicken Patty w/ Bun NY Onion Rings Diced Pears HVF Milk	3 Cheese Pizza Steamed Carrots Applesauce HVF Milk		
	6 NY Cheese Meatballs Garlic Bread, Salad Bar Steamed Broccoli Diced Peaches HVF Milk	7 Twin Taco Tuesday Refried Beans, Salsa Diced Pears HVF Milk	8 NY Waffles/Chicken Salad Bar Steamed Green Beans Fruit Cocktail HVF Milk	9 Bosco Bread Sticks Marinara Sauce Buttered Peas Diced Peaches HVF Milk	10 Cheese Pizza Salad Bar Steamed Carrots Fresh NY Apple HVF Milk		
	13 NY Perogies w/Sausage Buttered Peas Salad Bar Diced Peaches HVF Milk	14 Mozzarella Sticks Marinara Sauce Salad Bar NY Green Beans NY Apple HVF Milk	15 Roast Turkey w/gravy NY Buttered Rice Salad Bar NY Butternut Squash Diced Pears, HVF Milk	16 Chicken Patty w/Bun Salad Bar Buttered Corn Apple Sauce HVF Milk	17 Cheese Pizza Salad Bar Steamed Carrots Fresh NY Apple HVF Milk		
	20 Martin Luther King Day	21 Bean and Cheese Burrito Salad Bar, Salsa Sweet Red Peppers Diced Pears HVF Milk	22 Cheeseburger w/ Bun Salad Bar French Fries Orange Wedges HVF Milk	23 NY Swedish Meatballs NY Sfoglini Pasta Salad Bar Steamed Broccoli NY Apple, HVF Milk	24 Cheese Pizza Salad Bar Steamed Carrots Fresh NY Apple HVF Milk		
	27 General Tso Chicken Lo Mein Noodles Salad Bar NY Peas Pears HVF Milk	28 Lauren's Ramen Noodles Dumplings Salad Bar NY Carrots Mandarin Oranges HVF Milk	29 LUNAR NEW YEAR	30 Chicken Eggroll Fried Rice Salad Bar Roasted Broccoli Pineapple HVF Milk	31 Lunar Pizza Salad Bar Steamed Edamame Fresh NY Apple HVF Milk		