



NYS Apples  
NYS Carrots  
NYS Beets  
NYS Parsnips

**January**  
2025  
9-12



# Lunch

## IROQUOIS



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy New Year 2025</b>				
		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
Sweet and Sour 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 NYS 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	Oven Roasted Chicken Roasted Potatoes	Grilled Cheese Sandwich 1 ½	Loaded Tater Tots Taco Meat & Cheese
Green Beans 3/4c Fresh or Prepared Fruit 1/2c	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
	<b>Regents</b>			
27	28	29	30	31
General Tso's Chicken Over Rice	Chicken Quesadilla	<b>NO SCHOOL</b>	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 ½ 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 ½ cup of Fruit or Vegetable –  
may take up to 1 cup)  
NYS 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 \$3.15  
Adult \$5.10