2025

DECEMBER

LUNCH: Middle Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **Mozzarella-Filled Twisted Breadstick** served with Marinara Sauce Steamed NY State Mixed Vegetables Fresh NY Grown Apple	2 ***Burger Day*** **Beef or Veggie Burger on WG Bun** **With or without Cheese** **Choice of Lettuce / Tomato Topping** Baked Beans Fresh Melon	3 ***Brunch for Lunch*** **Pancakes** w/ Syrup **Turkey or Meat-free Sausage** **Oven Baked Sweet Potato Fries** Harvest of the Month Fresh Clementine	4 **Pasta & Meatballs** **Whole Grain NY State Local Fusilli Pasta w/ Marinara Sauce** **Turkey Meatballs & Garlic Knot** Seasoned Corn Fresh NY State Pear	5 **Pizza Friday! (EV)** **Plain Cheese or Turkey Pepperoni** **Chicken Tenders (HL)** **or Meat-free Tenders** **Served with a WG Dinner Roll** Italian Herb Broccoli & Fresh Orange
8 **Gooey Grilled Cheese** **Crispy Oven Baked Smile Fries** Garden Salad Fresh NY Grown Apple Harvest of the Month	9 ***Taco Tuesday*** **Turkey Taco Meat or Fiesta Black Beans served in Crunchy Corn Shells** Toppings: Shredded Cheddar & Salsa Brown Rice, Fiesta Black Beans Fresh Melon	10 ***Grab & Go Lunch*** ***Choice of: Pancake, Waffle or French Toast Served w/ String Cheese*** Assorted Veggie Crunchers w/ Ranch Fresh Orange *Curriculum Planning 6-12 - Early Dismissal*	11 **Mac & Cheese** **Whole Grain NY State Local Sfoglini Pasta Shells in Cheddar Cheese Sauce & WG Soft Pretzel Stick** Roasted Garlic NY Local Green Beans Fresh NY Grown Apple	12 **Pizza Friday! (EV)** **Plain Cheese or Turkey Pepperoni** **Chicken Tenders (HL)** **or Meat-free Tenders** **Served with a WG Dinner Roll** Italian Herb Broccoli & Fresh Orange
15 **Pizza Boli** ***Calzone Style Pizza Pocket*** served with Marinara Sauce Steamed Peas Fresh NY Grown Apple	16 ***Burger Day*** **Beef or Veggie Burger on WG Bun** **With or without Cheese** **Choice of Lettuce / Tomato Topping** Baked Beans Fresh Melon	17 ***Brunch for Lunch*** **French Toast Sticks** w/ Syrup **Turkey or Meat-free Sausage** Orange Glazed NY State Carrots Fresh Clementine	18 ***Holiday Feast*** Harvest of the Month **Crispy Chicken Drumstick or Meat-free Tenders** **Served with a WG Biscuit** **Oven Roasted Purple Potatoes** Warm Cranberry NY Pear Crisp	19 **Pizza Friday! (EV)** **Plain Cheese or Turkey Pepperoni** **Hot Dogs (HL)** **or Meat-free Tenders** **Served with a Dinner Roll** Italian Herb Broccoli & Fresh Orange
22 **Crispy Mozzarella Sticks** served with Marinara Sauce & NY Style Garlic Knot Steamed Peas Fresh NY Grown Apple	23 **Chicken & Cheese Combo** **Twisted Breadstick and a variety of Crispy Chicken served w/pretzel** Garden Side Salad Veggie Crunchers Assorted Hand Fruit	24 **Holiday Recess** ***NO CLASSES***	25 **Holiday Recess** ***OFFICES CLOSED***	26 **Holiday Recess** ***OFFICES CLOSED***

Harvest of the Month

Potatoes Both the skin and the inside of these starchy vegetables have important nutrients. Potatoes are a good source of potassium, which is important for heart health, Vitamin C., and carbohydrates for energy.
Growing potatoes: Potatoes grow underground and are a type of "tuber". You can even find them growing in every state in the United States.
More than 4,000 types: There are thousands of different kinds of potatoes, and they come in many colors and shapes.
Related to other plants: The potato is in the same family as tomatoes and eggplants.
A star vegetable: Potatoes were the first vegetable to be grown in space in 1995.

Daily Lunch Alternate Options:

Sandwiches on WG Roll or Wrap: Turkey, Ham (Pork), Cheese or Sunbutter & Jelly
Salad w/ Crispy Chicken or Cheese w/ WG Pretzel Stick, Fruit & Yogurt Parfait w/ Granola
Highland ONLY: Pizza – Cheese, Pepperoni (Pork) or Daily Special

Available Daily and Offered with EVERY MEAL:

Fresh Fruit Variety; NY Local Whole Apples & Slices; Orange Smiles, Chilled Fruit Cup
100% Fruit Juice- Tuesday & Friday only. **Veggie Crunchers** w/Ranch –Baby Carrots, Cucumber Coins, Celery, Grape Tomatoes **Milk Choice,** White 1%,, Fat Free White or *Fat Free Chocolate Milk*

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.