

December Lunch



PINE PLAINS CENTRAL SCHOOL DISTRICT
Stissing Mountain JR/SR High School (Grades 6-12)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Bosco Sticks 30g Tomato Sauce 9 g Caesar Salad 15g NY Apple Slices w Sun Butter (B) 39g</p>	<p>2</p> <p>Mini Corn Dogs 3g per corn dog CS 5pc -15g Ss 6 pc -18g HS 9 pc -27g Corn w/ NY Maple Butter 23g Garden Salad (B) 5-7g w/o dressing Funnel Cake 38g Grapes & Pepitas (B) 15g</p>	<p>3</p> <p>NY Beef Tacos 15g/Taco Hard Shell 9g /Shell 6 " Tortilla 14g /Taco Beef Taco Sandwich 46g Bun 30g Beef 3 g Bean 8g Cheese 0g Pico Di Galló 5g NY Spanish Style Rice (B) 24g / 1/2 cup Refried Beans 17g / 1/2 cup Salsa 5g NY Tortilla Chips 21g /1 oz Garden Salad (B) 5-7g w/o dressing</p>	<p>4</p> <p>Meatball Parm Sub Meatball 2g/ Meatball Serving Size 4 Tomato Sauce 9g Mozzarella Cheese 0g Bun 28g Broccoli 12g Grapes 5g Raisins 5g Pepitas 3g Maple Balsamic 10g / Tbsp</p>	<p>5</p> <p>NY Neapolitan style Pizza 43g Fall Chicken Salad Wrap (B) 55g Wrap 30g Chicken Salad 5g Sweet Potato 10g Fruit 5g Dressing 5g</p>
<p>8</p> <p>NY Beef Burger 28g Burger 0 Bun 28 Cheese 0 Smiley Fries 46g Serving Size 10 pc</p>	<p>9</p> <p>Chicken Noodle Soup w/ Grilled Cheese Noodles 39g / 2 oz Chicken 0 Broth w/veggies 11g Grilled Cheese 30-32 g Garlic Toast 16g</p>	<p>10</p> <p>NY Baked Potato Bar 63 g plain 69-74g with toppings NY Sloppy Joe 46g Meat 1g Coleslaw 15g Dressing 6g Bread 24g W/Homemade Bread 69.2 NY Pita Chips 19g / 1 oz</p>	<p>11</p> <p>NY Chicken Ranch Pita 50g Pita 39g Chicken 5 g Cheese 1g Sauce 5g Shrimp Po'boy w/ Rodeo Sauce 58g Roll 30g Shrimp 8g/oz Serving Size 3 oz Sauce 2 g Lettuce 1g Tomato 1g NY Grapes & Pepitas (B) 29g HVF Milk</p>	<p>12</p> <p>NY Neapolitan style Pizza 43g Maple Turkey Pannini 74.2g Bread 47.2 Turkey 1g Apple Butter 16g Cheese 0 Maple Spread 10g 2.5 tbsp</p>
<p>15</p> <p>Breakfast (Cheese Omelet, Sausage, French Toast or Hash brown) 33g w /FT Stick no syrup 21g w /hash brown NY Maple Syrup 31g Herb Roasted Peppers 9g Orange Wedges w/ Dark Chocolate (B) 32g</p>	<p>16</p> <p>NY Roast Chicken 1-2 g Yellow Rice 42g / 1/2 Cup Garlic Parmesan Broccoli 12g / Cup Garlic Toast 16g Roman Style Salad, Romaine, Baby Kale, NY Grapes, Fig, Golden Raisins, NY Apple & Sweet Potato (B) 48g Greens 10.5 Fruit/Potato 27.5 Dressing 10g</p>	<p>17</p> <p>Mac & Cheese (B) 64g / Cup 96g /1.5 cups NY Turkey Ruben 32g Turkey 1g Bread 24g Dressing 6g Cheese 0 Sauerkraut 1g NY Baked Beans 37g</p>	<p>18</p> <p>NY Holiday Roast w/ French Onion Gravy Meat 1-2g Gravy 7g / 1 oz NY Potato Gratin 24g/ 1/2 cup NY Honey Rosemary Carrots 20g/ 1/2 cup serving NY Homemade Christmas Cookie TBA est 38-50g HVF Milk</p>	<p>19</p> <p>NY Neapolitan style Pizza 43g NY Roast beef French Dip Sandwich w/ Black Garlic Aioli 44g Roll 30g Aujus 5g Aioli 9g NY Cherries w Lemon Zest (B) 22g</p>
<p>22</p> <p>Bosco Sticks 30g Tomato Sauce 9 g Caesar Salad 15g NY Apple Slices w Sun Butter (B) 39g</p>	<p>23</p> <p align="center">1/2 Day</p>	<p>24</p> <p align="center"><u>Happy Holidays!!</u></p>	<p>25</p> <p align="center"><u>Happy Holidays!!</u></p> <p>Grapes 22g Ny Apple-21g NY Pear-26g Apple Slices-14g Orange Wedges-18g NY Salad Bar-25-40g House Baked Bread 25g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>26</p> <p align="center"><u>Happy Holidays!!</u></p>

Breads/ Wraps/ Grains

Kaiser Roll -30g

Wraps— 6" 14g , 8" 24g , 10" 30g , 12" 45g

Burger Bun 28g / Panini 23.6g per slice 47.2g total , Bread Alone WG 16g/Slice, WG Wheat 14g/slice ,

Rye 12g/ Slice