

December Lunch



PINE PLAINS CENTRAL SCHOOL DISTRICT
Cold Spring/Seymour Smith (Grades PreK-5)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Bosco Sticks 15g /stick</p> <p>Crispy Ranch Chicken Wrap</p> <p>CS- 25g Wrap 14g Chicken 9g Ranch 2g</p> <p>SS-36g Wrap 24g Chicken 9g Ranch 3g</p> <p>Tomato Sauce 5g</p> <p>Caesar Salad Romaine 7g Crouton 5g Dressing 2-3g</p> <p>NY Apple Slices w Sun Butter (B) 14g</p>	<p>2</p> <p>Mini Corn Dogs 3g per corn dog CS 5pc -15g Ss 6 pc -18g</p> <p>Corn on the Cob w/ NY Maple Butter 23g</p> <p>Garden Salad (B) 5-7g w/o dressing</p> <p>Grapes & Pepitas (B) 15g</p>	<p>3</p> <p>NY Beef Tacos 10-15g/Taco</p> <p>Hard Shell 9g /Shell</p> <p>6 " Tortilla 14g /Taco</p> <p>Beef Taco Sandwich 39g</p> <p>Bun 28g Beef 1-2g Bean 4g Cheese 0g Pico Di Gallo 5g</p> <p>NY Spanish Style Rice (B) 24g / 1/2 cup</p> <p>Refried Beans 17g / 1/2 cup</p> <p>Salsa 5g</p> <p>NY Tortilla Chips 21g /1 oz</p> <p>Garden Salad (B) 5-7g w/o dressing</p>	<p>4</p> <p>Meatball Parm Sub</p> <p>Meatball 2g/ Meatball Serving Size 3</p> <p>Tomato Sauce 5g Mozzarella Cheese 0g Bun 28g</p> <p>Broccoli 6g Romesco Sauce 5g</p> <p>Diced Peaches 15g /1/2 cup</p>	<p>5</p> <p>Big Daddy Pizza 43g</p> <p>Garden Salad (B) 5-7g w/o dressing</p> <p>Orange Wedges w Dark Chocolate (B) 16g /1/2 cup serving</p>
<p>8</p> <p>Crispy Chicken Sandwich 39g -45g</p> <p>28g Chicken 9g Ketchup 2g</p> <p>Or w/ Chicken Patty 15g</p> <p>Smiley Fries 23g /5 pieces</p> <p>NY Garden Salad 5-7g w/o dressing</p>	<p>9</p> <p>Chicken Noodle Soup w/ Grilled Cheese</p> <p>Noodles 39g / 2 oz Chicken 0 Broth w/veggies 11g</p> <p>Grilled Cheese 30-32 g</p>	<p>10</p> <p>PB& J Pack Uncrustable 32g</p> <p>Cheez-IT,17g Cheese Stick 1g</p> <p>Carrot & Celery Sticks 7g</p> <p>Ants on a Log (B) 17g</p> <p>NY Apple Slices 7g /pk</p>	<p>11</p> <p>NY Cheese Burger Sliders</p> <p>Burger 0 Cheese 1g Bun 19g /bun Ketchup 2g</p> <p>Serving Size 2 Sliders 40g</p> <p>Smiley Fries 23g /5 pieces</p> <p>Red Pepper Slices (B) 5g</p>	<p>12</p> <p>Stuffed Crust Pizza 32g/ Full slice</p> <p>Caesar Salad Romaine 7g Cruton 5g Dressing 2-3g</p> <p>Garden Salad (B) 5-7g w/o dressing</p> <p>Mixed NY Berries 11g</p>
<p>15</p> <p>Breakfast Cheese Omelet, Sausage, French Toast, or Hash brown</p> <p>27g w FT Stick 19g w Hashbrown</p> <p>Herb Roasted Peppers (B) 5-7g /1/2 cup</p> <p>Orange Wedges w Dark Chocolate (B) 16g /1/2 cup serving</p>	<p>16</p> <p>Chicken Nuggets 13g</p> <p>Smiley Fries 23g /5 pieces</p> <p>Corn on the Cob w/ NY Maple Butter 23g</p> <p>Garden Salad (B) 5-7g w/o dressing</p> <p>NY Apple Slices w/ Sun Butter (B)14g</p>	<p>17</p> <p>NY Mac & Cheese (B)</p> <p>Crispy BBQ Chicken Wrap</p> <p>CS- 27g Wrap 14g Chicken 12g</p> <p>BBQ On Side 7.5g /1 Tbsp</p> <p>SS-36g Wrap 24g Chicken 9g</p> <p>BBQ On Side 15g /2 Tbsp</p> <p>Biscuit 24g</p> <p>Baked Beans 25g</p>	<p>18</p> <p>NY Holiday Roast w/ French Onion Gravy</p> <p>Meat 1-2g</p> <p>Gravy 7g / 1 oz</p> <p>NY Potato Gratin 24g /1/2 cup</p> <p>NY Honey Rosemary Carrots 20g/ 1/2 cup serving</p> <p>NY Homemade Christmas Cookie TBA est 38-50g</p> <p>HVF Milk</p>	<p>19</p> <p>Big Daddy Pizza 43g</p> <p>NY Grapes & Sunflower Seeds (B) 15g</p> <p>Diced Peaches 15g /1/2 cup</p>
<p>22</p> <p>Bosco Sticks 15g /stick</p> <p>NY Tomato Sauce 5g</p> <p>Caesar Salad 15g</p> <p>Garden Salad (B) 5-7 g</p> <p>Orange Wedges w Dark Chocolate (B) 16g /1/2 cup serving</p>	<p>23</p> <p align="center"><u>1/2 Day</u></p>	<p>24</p> <p align="center"><u>Happy Holidays!!!</u></p> <p>Grapes 11 g Ny Apple-21g NY Pear-26g Apple Slices-7g Orange Wedges-11g/1/2 cup</p> <p>NY Salad Bar-25-40g</p> <p>House Baked Bread 11.8g /1 oz Slice 23.6g/ 2 oz Slice</p> <p>Grilled Cheese 30-32g</p> <p>NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>25</p> <p align="center"><u>Happy Holidays!!!</u></p> <p align="center"><i>"If you have a food allergy or intolerance, please notify us."</i></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