

JANUARY 2026

Saugerties Jr/Sr High School Lunch

FREE BREAKFAST
& LUNCH MEALS FOR ALL
STUDENTS

Monday

Tuesday

Wednesday

Thursday

Friday



5

Cheese Or
Pepperoni Pizza



Carrots

6

Beef or Chicken
Fajita Nachos



With Cheese
Refried Beans
Corn

7

Popcorn, Mandarin
or Sweet Thai Chicken

Fried Rice
Green Beans

1



New Year's Day
No School

2



Winter Break
No School

12

Chicken Tenders
Or Sriracha Chicken
Boneless Wings
Tater Tots
Carrots
Dinner Roll

13

Bosco Sticks
With Marinara Sauce
Or Meatball Parm Sub



Broccoli

14

Coyote Grill
Chicken & Cheese



Quesadilla
Refried Beans
Corn

8

Hamburger,
Cheeseburger Or
BBQ Rib Sandwich



Chips
Broccoli

9

French Toast Sticks



Hashbrown
Canadian Bacon
V-Blend Juice

19



MLK Jr. Day
No School

20

Mozzarella Sticks
With Marinara Sauce



Carrots

21

French Toast Sticks



Hashbrown
Canadian Bacon
V-Blend Juice

15

Chicken Nuggets
Or Chicken Caesar Wrap

Doritos
Caesar Salad

16

Cheese, Meatball
Or Bacon Cheeseburger



Pizza
Cucumbers & Ranch

26

Mini Corn Dog
Nuggets
Or Chicken Caesar Wrap

Tater Tots
Baked Beans

27

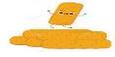
Chicken Tenders



Parmesan Pasta
Green Beans
Dinner Roll

28

Bosco Sticks
With Marinara Sauce
Or Meatball Parm Sub



Carrots

22



Hamburger,
Cheeseburger Or
Hot Dog
Potato Wedges
Baked Beans

23

Popcorn Chicken
Or Turkey & Gravy

Mashed Potatoes & Gravy
Broccoli
Dinner Roll

29

Chicken Nuggets



Chips
Caesar Salad

30

Cheese Or
Pepperoni Pizza



Cucumbers & Ranch

THIS MENU IS SUBJECT TO CHANGE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

If you have a food allergy, please notify Sheila Melville- Smelville@saugerties.k12.ny.us