

Daily Entrée Options:
 Peanut Butter & Jelly
 Deli Sandwiches
 Bagel & Yogurt Kit
 Fruit Parfait & Chef Salad

MENU

Harvest of the
 Month
 NY EGG
 January 14th



JANUARY

LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 No School Holiday Break	2 No School Holiday Break
Chicken Nuggets 5 Ranch Mashed Potatoes Steamed Peas & Carrots Cocoa Brownie Bar	Rotini with Meat Sauce 6 Garlic Breadstick Steamed Broccoli Cucumbers & Tomatoes	Ultimate Nachos 7 (taco meat & cheese) Salsa & Sour Cream Refried Beans Rainbow Pepper Sticks	Chicken & Waffles 8 Baked Sweet Potato Bites Celery Sticks 100% Grape Juice Syrup Cup	Cheese Pizza 9 Steamed Mixed Veggie Mango Peach Applesauce Cup
Cheesy Breadsticks 12 with Marinara Sauce Roasted Broccoli Fresh Veggie w/Hummus	BBQ Beef Meatloaf or 13 Cream of Chicken over Mashed Potatoes Tomato & Cucumber Salad Chocolate Chip Cookie	Egg & Cheese Bagel 14 Yogurt & Granola Home Fries Baby Carrots & Apple Juice Winter Berry Fruit Salad	Pasta Bar with Chicken 15 Garlic Bread Seasoned Green Beans Fresh Assorted Veggies	Personal Cheese Pizza 16 Steamed Mixed Veggie Cinnamon Applesauce Cup
No School 19 MLK Jr Day	Toasted Ham & 20 Cheese Croissant Tomato Soup NYS String Cheese Cucumbers with Ranch	Chicken Nuggets 21 Warm Garlic Knot Cheesy Mashed Potatoes Fresh Veggie w/Hummus	Cherry Blossom Chicken 22 Fried Rice Steamed Broccoli Grape Tomatoes Fortune Cookie	Cheese Pizza 23 Steamed Mixed Veggie Blue Raspberry Applesauce Cup
Pizza Crunchers 26 Steamed Broccoli Fresh Veggie w/Hummus Chocolate Scooby Doo Graham	Soft Tacos 27 (Diced chicken, cheese, lettuce) Salsa & Sour Cream Corn & Bean Cowboy Caviar	Cheeseburger 28 Sweet Potato Fries Rainbow Pepper Sticks Cinnamon Roasted Pears	Macaroni & Cheese 29 Yogurt Cup & Granola Garlicy Green Beans Baby Carrots	French Bread Pizza 30 Steamed Mixed Veggie Cherry Emoji Slush Cup

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.
 Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

In collaboration with
CAPITAL REGION
BOCES
 SHARED FOOD SERVICE PROGRAM



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