



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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken Ranch Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>26g</b>	<b>Cheeseburger Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>30g</b>	<b>Crispy BBQ Chicken Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>42g</b>	<b>Southwest Taco Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>43g</b>	<b>Crispy Chicken Caesar Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>40g</b>
<b>NY Chicken Cobb</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>25g</b>	<b>Loaded Baked Potato Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>56g</b>	<b>Asian Chicken Crunch Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>33g</b>	<b>NY Greek Chicken Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>24g</b>	<b>Winter Cobb Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>35g</b>
<b>BBQ Chicken Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>42g</b>	<b>Southwest Taco Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>43g</b>	<b>Asian Chicken Crunch Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>33g</b>	<b>NY Chicken Cobb</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>25g</b>	<b>Italian Chef Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>32g</b>
<b>NY Chicken Cobb</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>25g</b>	<b>Seasonal Fruit &amp; Yogurt Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>48g</b>	<b>BBQ Chicken Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>42g</b>	<b>Roast Turkey &amp; NY Apple Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>40g</b>	<b>NY Hard Boiled Egg Garden Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>26g</b>
<b>NY Chicken Caesar Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>30g</b>	<b>Honey Mustard Chicken Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>36g</b>	<b>Southwest Taco Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>43g</b>	<b>NY Greek Chicken Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>24g</b>	<b>BBQ Chicken Salad</b> <b>Fruit of the Day</b> <b>HVF Milk</b> <b>42g</b>



**MySchoolBucks.com**  
 Makes meal payment convenient and simple! Scan the code below to go to the website: You can manage your student's account and make payments online.

**SANDWICH BAR!!!**  
 Check out our Sandwich of the Day  
**Or**  
 Have your sandwich custom ordered!!  
**NY SALAD BAR!!!**  
 Featuring a variety of locally grown items!!

**Meal Prices**  
 1st Breakfast: Free  
 1st Lunch: Free  
 Hudson Valley Fresh Milk: \$0.60 (Free with 1st meal)

**Lunch:**  
 Protein 2 oz  
 Whole Grain 2 oz  
 Vegetable 1 cup  
 Fruit 1 cup  
 Milk 8 oz  
 650-850 Calories

**Local & Buy American This Month**  
 Greg Farms  
 Highland Farms  
 IGOP  
 Chefs Garden  
 Hudson Valley Fresh  
 Red Barn

**QUESTIONS COMMENTS??**  
 Please call /email Michael Dandola, FSD 518.398.7181 ext. 1351 m.dandola@ppcsd.org  
**WE ARE AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER!**  
 Employment Opportunities Available!!