

January Lunch



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



Monday	Tuesday	Wednesday	Thursday	Friday
5 Chicken Nuggets Smiley Fries Corn w/ NY Maple Butter Garden Salad (B) NY Apple Slices w/ Sun Butter (B) HVF Milk	6 Bosco Sticks NY Tomato Sauce Garden Salad (B) Orange Wedges HVF Milk	7 NY Meatball Parm Sub Tomato Sauce Garlic Parmesan Broccoli Strawberry Peaches & Cream HVF milk	8 NY Beef Burrito Yellow Rice (B) NY Black Beans Salsa NY Tortilla Chips Garden Salad (B) NY Apple HVF Milk	9 Big Daddy Pizza Garden Salad (B) Orange Wedges w Dark Chocolate (B) HVF Milk
12 NY Cheese Burger Smiley Fries Red Pepper & Cucumber Slices (B) Strawberry Peaches & Cream HVF Milk	13 NY Beef Stir-fry w/ Sesame Rice Or PB& J Pack Cheez-IT, Cheese Stick Carrot & Celery Sticks Ants on a Log (B) NY Apple Slices NY Garden Salad HVF Milk	14 NY BBQ Chicken Walking Tacos NY Rojo Chiquito Baked Beans Pineapple Salsa Southwest Garden Salad (B) NY Apple HVF Milk	15 NY Crispy Chicken Parm Sandwich Smiley Fries NY Garden Salad NY Apple HVF Milk	16 NY Neapolitan Style Pizza Caesar Salad Garden Salad (B) Mixed NY Berries HVF Milk
19 <u>Holiday No School</u>	20 Mini Corn Dogs Corn w/ NY Maple Butter Garden Salad (B) Orange Wedges Grapes & Pepitas (B) HVF Milk	21 NY Herb Roasted Chicken Yellow Rice Pilaf Crispy Brussel Sprouts w/ Garlic & Herb Breadcrumbs Garlic Toast Garden Salad (B) Diced Peaches HVF Milk	22 NY Southern Style Baked Mac & Cheese (B) NY Turkey Ruben NY Bread Alone Bread NY Baked Beans Strawberry Pears Salad Bar NY Apple HVF Mil	23 Big Daddy Pizza Garden Salad (B) Diced Peaches HVF Milk
26 Bosco Sticks NY Tomato Sauce Garden Salad (B) Diced Peaches HVF Milk	27 Breakfast Cheese Omelet, Sausage, French Toast, or Hash brown Herb Roasted Peppers (B) Cinnamon Sugar Bananas Salad Bar HVF Milk	28 NY Crispy Sesame Chicken NY Veggie Lo-Mein Sweet Chile & Sesame Marinated Cucumbers Garden Salad (B) Pineapple & Mango w/ Lime & Toasted Coconut NY Apple HVF Milk	29 NY Chicken & Dumplings Soup or Ham & Cheese Melt NY Cheddar Biscuit Garden Salad (B) Diced Peaches HVF Milk	30 Stuffed Crust Pizza Caesar Salad Garden Salad (B) Grapes HVF Milk

	<p>Daily Sandwich Options</p> <p>Ham Turkey Chicken Patty Cheese Uncrustable PB&J</p>	<p>Meal Prices</p> <p>1st Breakfast: Free 1st Lunch: Free Hudson Valley Fresh Milk: \$0.60 (Free with 1st meal)</p> <p>"If you have a food allergy or intoler- ance, please notify us."</p>	<p>Lunch:</p> <p>Protein 1 oz Whole Grain 1 oz Vegetable 1/2 cup Fruit 1/2 cup Milk 8 oz 500-650 Calories</p>	<p>Local & Buy American This Month</p> <p>Greg Farms Highland Farms IGOP-(Brad) Micro green powder Chefs Garden Hudson Valley Fresh Red Barn Slate Foods</p>	<p>QUESTIONS COMMENTS??</p> <p>Please call /email Michael Dandola, FSD 518.398.7181 ext. 1351 m.dandola@ppcsd.org</p> <p>WE ARE AN EQUAL OP- PORTUNITY EMPLOYER AND PROVIDER! Employment Opportunities Available!!</p>
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