

January Lunch



PINE PLAINS CENTRAL SCHOOL DISTRICT
Stissing MS/HS Grades (6-12)



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>5</p> <p>Bosco Sticks 30g Tomato Sauce 9 g Caesar Salad Caesar Salad Romaine 10g Crouton 5g Dressing 3g</p> | <p>6</p> <p>Chicken Nuggets 8 PC/ 19.2 Smiley Fries 36.8g /8 pieces Corn on the Cob w/ NY Maple Butter 23g NY Apple Slices w Sun Butter (B) Whole Apple 25-29g Apple Slices 14g Sun Butter 14g/2 oz</p> | <p>7</p> <p>Meatball Parm Sub Meatball 2g/Meatball Serving Size 3 Tomato Sauce 5g Mozzarella Cheese 0g Bun 30g Pepperoni Pizza Panini Broccoli 12g Raisins 5g Parmesan 0g Peppers 3g Maple Balsamic 10g / Tbsp</p> | <p>8</p> <p>NY BYO Beef Burrito Beef 2g Cheese 1g Tortilla 48g NY Beef Crunch Wrap Wrap 48g Tostada NY Cilantro Lime Rice 19g/1/2 cup NY Black Beans 20g/1/2 cup Plantains w/Garlic Mojo 33g 1/2 Cup Salsa 5g NY Tortilla Chips 19g/1 oz</p> | <p>9</p> <p>NY Neapolitan style Pizza 43g Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies Winter Waldorf Chicken Salad Wrap (B) Wrap 30g Chicken Salad 5g Fruit 10g Dressing 5 g Cheese 0g</p> |
| <p>12</p> <p>NY Cheese Burger w/ Cooper Cheese Burger 0 Bun 28 Cheese 0 Smiley Fries 36.8g Serving Size 8 pc Truffle burger add 5g Strawberry Peaches/ Pears & Cream 17g/1/2 Cup</p> | <p>13</p> <p>NY Beef Stir-fry 22g/1 Cup Beef 3g Sauce 11g/1/4 cup Vegetables 8g/1/2 cup Sesame Rice Rice 18.5g/1/2 Cup PB& J Pack Uncrustable 64g Cheez-IT, 17g Cheese Stick 1g Carrot & Celery Sticks 14g Ants on a Log (B) 17g NY Apple Slices 7g /pk</p> | <p>14</p> <p>NY BBQ Chicken Walking Tacos Tavern Ham, Brie, Pear Panini w/ Fig & Quince Jam Bread 47.2 Ham 1g Jam 15g Cheese 0g Pear 8g NY Rojo Chiquito Baked Beans 20g/1/2 cup Pineapple Salsa 7g/2 oz Orange Wedges w/ Chamoy 28g</p> | <p>15</p> <p>NY Chicken Parm Sand 43g Bun 30g Chicken 9g Cheese 1g Sauce 3g Shrimp Po'boy w/ Rodeo Sauce 56g Roll 30g Shrimp 8g/oz (3 oz) Sauce 2g NY Grapes & Pepitas (B) 29g</p> | <p>16</p> <p>NY Neapolitan style Pizza 43g Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies NY Maple Turkey & Apple Butter Panini Bread 47.2 Turkey 1g Apple Butter 16g Cheese 0 Maple Spread 10g 2.5 tbsp</p> |
| <p>19</p> <p>No School Grapes 22g Ny Apple-21g NY Pear-26g Apple Slices-14g Orange Wedges-21-25g NY Salad Bar-25-40g House Baked Bread 11.8g /1 oz Slice 23.6g/ 2 oz Slice Grilled Cheese 30-32g Uncrustable 5.3 oz 64g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p> | <p>20</p> <p>Mini Corn Dogs 3g per corn dog 9 pc -27g Corn on the Cob w/ NY Maple Butter 43g Garden Salad (B) 5-7g w/o dressing Funnel Cake 38g</p> | <p>21</p> <p>NY Roast Chicken 1-2g Yellow Rice 18.5g / 1/2 Cup NY Deli Style Sloppy Joe NY Sloppy Joe 46g Meat 1g Coleslaw 15g Dressing 6g Rye Bread 24g w/ Homemade Bread Total 69.2 Yellow Rice Pilaf 22g/ 1/2 cup Crispy Brussel Sprouts w/ Garlic & Herb Breadcrumbs Sprouts 6g/ 1/2 Cup Bread Crumbs 3g/ Tbsp Garlic Toast 16g/Slice Roman Style Salad, Romaine, Baby Kale, NY Grapes, Fig, Golden Raisins, NY Apple & Sweet Potato(B) 48g Greens 10.5g Fruit/Potato 27.5g Dressing 10g</p> | <p>22</p> <p>NY Southern Style Baked Mac & Cheese (B) 64g / Cup 96g /1.5 cups NY Turkey Ruben 35g Rye 24g Turkey 1g Sauerkraut 6g Dressing 4g /2tbsp NY Biscuit 34g NY Baked Beans 37g</p> | <p>23</p> <p>NY Neapolitan style Pizza 43g Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies NY Roast beef French Dip Sandwich w/ Black Garlic Aioli 44g Roll 30g Dip 2g Beef 1g Aioli 11g NY Cherries w Lemon Zest (B) 22g</p> |
| <p>26</p> <p>Bosco Sticks 30g Tomato Sauce 9 g Caesar Salad Caesar Salad Romaine 10g Crouton 5g Dressing 3g NY Apple Slices w Sun Butter (B) Whole Apple 25-29g Apple Slices 14g Sun Butter 14g/2 oz</p> | <p>27</p> <p>Breakfast (Cheese Omelet, Sausage, French Toast or Hash brown) 33g w /FT Stick no syrup 21g w /hash brown NY Maple Syrup 31g Roasted Red Pepper & Cucumber Salad 7g Cinnamon Sugar Bananas (B) 17g/1/2 Cup</p> | <p>28</p> <p>NY Crispy Sesame Chicken Chicken 5g Sauce 14g NY Veggie Lo-mein 25g/ 1/2 cup Sweet Chile & Sesame Marinated Cucumbers 7g/1/2 cup Pineapple & Mango w/Lime & Toasted Coconut Fruit 16g/1/2 cup Lime 1.3g Coconut 8g/ Tbsp</p> | <p>29</p> <p>NY Chicken & Dumpling Soup 49.5g Soup 26.5g Dumplings 23g Truffle Grilled Cheese on Homemade Sourdough Cheese 1g Bread 47.2g NY Honey Rosemary Roasted Root Vegetables 20g/1/2 cup NY Cheddar Biscuit 24g Orange Wedges w/ Dark Chocolate (B) 32g</p> | <p>30</p> <p>NY Neapolitan style Pizza 43g Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies NY Roast Beef Panini w/ Smoked Mozzarella & Caramelized Onion Jam Bread 47.2g Jam 7g/ Tbsp Beef 1g Cheese 0g NY Cherries w Lemon Zest (B) 22g</p> |

Breads/ Wraps/ Grains

Kaiser Roll -30g

Wraps— 6" 14g, 8" 24g, 10" 30g, 12" 45g

Burger Bun 28g / Pannini 23.6g per slice 47.2g total, Bread Alone WG 16g/Slice, WG Wheat 14g/slice, Rye 12g/ Slice