

January Lunch



**PINE PLAINS CENTRAL SCHOOL DISTRICT
(Prek-5)**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>Bosco Sticks 30g 15g/Stick</p> <p>Tomato Sauce 9 g</p> <p>Caesar Salad</p> <p>Caesar Salad Romaine 10g Crouton 5g Dressing 3g</p>	<p>6</p> <p>Chicken Nuggets 5PC/ 12g</p> <p>Smiley Fries 23g /5 pieces</p> <p>Corn on the Cob w/ NY Maple Butter 23g</p> <p>NY Apple Slices w Sun But- ter (B) 14g</p>	<p>7</p> <p>Meatball Parm Sub</p> <p>Meatball 2g/ Meatball Serving Size 3</p> <p>Tomato Sauce 5g Mozzarella Cheese 0g Bun 28g</p> <p>Broccoli 12g</p> <p>Parmesan 0g</p> <p>Strawberry Peaches/ Pears & Cream 17g/1/2 Cup</p>	<p>8</p> <p>NY BYO Beef Burrito Beef 2g Cheese 1g Tortilla 48g</p> <p>NY Cilantro Lime Rice 19g/1/2 cup</p> <p>NY Black Beans 20g/1/2 cup</p> <p>Salsa 5g</p>	<p>9</p> <p>Big Daddy Pizza 43g</p> <p>Garden Salad (B) 5-7g w/o dressing</p> <p>Orange Wedges w Dark Chocolate (B) 16g /1/2 cup serving</p>
<p>12</p> <p>NY Cheese Burger w/ Cooper Cheese</p> <p>Burger 0 Bun 28 Cheese 0 Smiley Fries 23g Serving Size 5 pc</p> <p>Strawberry Peaches/ Pears & Cream 17g/1/2 Cup</p>	<p>13</p> <p>NY Beef Stir-fry 22g/1 Cup</p> <p>Beef 3g Sauce 11g/1/4 cup Vegetables 8g/1/2 cup</p> <p>Sesame Rice</p> <p>Rice 18.5g/1/2 Cup</p> <p>PB& J Pack</p> <p>Uncrustable 32g</p> <p>Cheez-IT,17g Cheese Stick 1g</p> <p>Carrot & Celery Sticks 7g</p> <p>Ants on a Log (B) 17g</p> <p>NY Apple Slices 7g /pk</p>	<p>14</p> <p>NY BBQ Chicken Walking Tacos</p> <p>Meat 2g Walking Taco 24g Cheese 1g</p> <p>NY Rojo Chiquito Baked Beans 20g/1/2 cup</p> <p>Pineapple Salsa 3.5g/1 oz</p> <p>Orange Wedges w/ Chamoy 28g</p> <p>Southwest Garden Salad (B) 15g w/Dressing</p>	<p>15</p> <p>NY Chicken Parm Sand 36g</p> <p>Bun 28g Chicken 5 g Cheese 1 g Sauce 3g</p> <p>NY Grapes & Pepitas (B) 29g</p>	<p>16</p> <p>NY Neapolitan style Pizza 43g</p> <p>Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies</p>
<p>19</p> <p>No School</p> <p>Grapes 11g Ny Apple-21g NY Pear-26g Apple Slices-7g Orange Wedges-11g/1/2 cup Diced Peaches/Pears 15g</p> <p>NY Salad Bar-25-40g</p> <p>House Baked Bread 11.8g /1 oz Slice 23.6g/ 2 oz Slice</p> <p>Grilled Cheese 30-32g</p> <p>NY HVF Milk 1% WM-12g Choc-2g Skim-12g</p> <p>Grilled Cheese 30-32g</p> <p>Uncrustable 2.6 oz 32g Chicken Patty 41g Patty 13g Bun 28g</p>	<p>20</p> <p>Mini Corn Dogs 18g</p> <p>3g per corn dog Serving 6 pc</p> <p>Corn on the Cob w/ NY Maple Butter 26g</p> <p>Garden Salad (B) 5-7g w/o dressing</p>	<p>21</p> <p>NY Roast Chicken 1-2g Yellow Rice 18.5g/ 1/2 Cup</p> <p>NY Deli Style Sloppy Joe NY Sloppy Joe 46g Meat 1g Coleslaw 15g Dressing 6g Rye Bread 24g</p> <p>w/ Homemade Bread Total 69.2</p> <p>Yellow Rice Pilaf 22g/ 1/2 cup</p> <p>Crispy Brussel Sprouts w/ Garlic & Herb Breadcrumbs</p> <p>Sprouts 6g/ 1/2 Cup Bread Crumbs 3g/ Tbsp</p> <p>Garlic Toast 16g/Slice</p> <p>Roman Style Salad, Romaine, Baby Kale, NY Grapes, Fig, Golden Raisins, NY Apple & Sweet Potato(B) 48g</p> <p>Greens 10.5g Fruit/Potato 27.5 Dressing 10g</p>	<p>22</p> <p>NY Southern Style Baked Mac & Cheese (B) 32g/ 1/2 Cup 64g / Cup</p> <p>NY Turkey Ruben 35g</p> <p>Rye 24g Turkey 1g Sauerkraut 6g Dressing 4g /2tbsp</p> <p>NY Biscuit 24g</p> <p>NY Baked Beans 18.5g</p>	<p>23</p> <p>Big Daddy Pizza 43g</p> <p>Garden Salad (B) 5-7g w/o dressing</p> <p>Diced Peaches 15g</p>
<p>26</p> <p>Bosco Sticks 30g</p> <p>Tomato Sauce 9 g</p> <p>Caesar Salad</p> <p>Caesar Salad Romaine 10g Crouton 5g Dressing 3g</p> <p>NY Apple Slices w Sun Butter (B) 14g</p>	<p>27</p> <p>Breakfast Cheese Omelet, Sausage, French Toast, or Hash brown</p> <p>27g w FT Stick 19g w Hashbrown</p> <p>NY Maple Syrup 31g</p> <p>Roasted Red Pepper & Cucumber Salad 7g</p> <p>Cinnamon Sugar Bananas (B) 17g/1/2 Cup</p>	<p>28</p> <p>NY Crispy Sesame Chicken</p> <p>Chicken 5g Sauce 7g</p> <p>NY Veggie Lo-mein 25g/ 1/2 cup</p> <p>Sweet Chile & Sesame Marinated Cucumbers 7g/1/2 cup</p> <p>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 32g</p> <p>Soup 18g Dumplings 14g</p> <p>Ham & Cheese Melt 30g</p> <p>Cheese 1g Ham 1g Bread 28g</p> <p>NY Honey Rosemary Roasted Root Vegetables 20g/1/2 cup</p> <p>NY Cheddar Biscuit 24g</p> <p>Orange Wedges w/ Dark Chocolate (B) 16g</p>	<p>30</p> <p>Stuffed Crust Pizza 32g/ Full slice</p> <p>Caesar Salad Romaine 7g Crouton 5g Dressing 2-3g</p> <p>Garden Salad (B) 5-7g w/o dressing</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