



# January 2026

## Frewsburg MS/HS Lunch

All students are entitled to one free breakfast and one free lunch per day until further notice.

			Thu 1	Fri 2
			HAPPY NEW YEAR	WINTER RECESS
<b>Mon 5</b>	<b>Tue 6</b>	<b>Wed 7</b>	<b>Thu 8</b>	<b>Fri 9</b>
CHICKEN TENDERS DINNER ROLL BROCCOLI ASSORTED FRUIT	CHEESEBURGER GREEN BEANS ASSORTED FRUIT ASSORTED CHIPS	CHICKEN ALFREDO TOSSED SALAD CARROTS GREEN BEANS ASSORTED FRUIT	MOZZARELLA STICKS BREADSTICKS CORN CARROTS ASSORTED FRUIT MARINARA SAUCE	CHEESE&PEPP. PIZZA STUFFED CRUST PIZZA TOSSED SALAD ASSORTED VEGGIES FRESH FRUIT/ JUICE
<b>Mon 12</b>	<b>Tue 13</b>	<b>Wed 14</b>	<b>Thu 15</b>	<b>Fri 16</b>
CHICKEN PATTY BROCCOLI ASSORTED FRUIT ASSORTED CHIPS	GENERAL TSO CHICKEN RICE MIXED VEGETABLES PEAS ASSORTED FRUIT	MINI TURKEY SUB TATER TOTS GREEN BEANS CARROTS ASSORTED FRUIT	TACOS REFRIED BEANS CORN ASSORTED FRUIT	CHEESE&PEPP. PIZZA SAUSAGE&CHEESE PIZZA TOSSED SALAD ASSORTED VEGGIES FRESH FRUIT/ JUICE
<b>Mon 19</b>	<b>Tue 20</b>	<b>Wed 21</b>	<b>Thu 22</b>	<b>Fri 23</b>
MARTIN LUTHER KING, JR. DAY	MEATBALL SUB CHIPS & SALSA GREEN BEANS ASSORTED FRUIT	CHILI BREADSTICKS CORN CARROTS ASSORTED FRUIT	TURKEY GRAVY DINNER ROLL MASHED POTATO PEAS SWEET POTATOES ASSORTED FRUIT	CHEESE&PEPP. PIZZA FRENCH BREAD PIZZA TOSSED SALAD ASSORTED VEGGIES FRESH FRUIT/ JUICE
<b>Mon 26</b>	<b>Tue 27</b>	<b>Wed 28</b>	<b>Thu 29</b>	<b>Fri 30</b>
STAFF DEVELOPMENT DAY	BROC. CHEESE SOUP FISH SANDWICH TOSSED SALAD GREEN BEANS CARROTS ASSORTED FRUIT	LASAGNA ROLLUP TOSSED SALAD CARROTS GREEN BEANS ASSORTED FRUIT	TACOS REFRIED BEANS CORN ASSORTED FRUIT	CHEESE&PEPP. PIZZA TOSSED SALAD ASSORTED VEGGIES FRESH FRUIT/ JUICE

Daily Choices P. B. & J. SAND - TUNA SALAD SAND. - GRILLED CHEESE - CHOCOLATE MILK - WHITE MILK - YOGURT PARFAIT - TOSSED SALAD - FRESH FRUIT/ JUICE  
 CONDIMENTS KETCHUP - MUSTARD - RELISH - RANCH DRESSING - ITALIAN DRESSING - HONEY MUSTARD DRESSING - HOT SAUCE  
 EXTRA LUNCH(\$3.75) MILK(\$0.75) SNACKS(\$0.75)

ICE CREAM(\$1.50)