



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



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Ranch Salad Fruit of the Day HVF Milk 26g	NY Chicken Cobb Fruit of the Day HVF Milk 25g	Asian Chicken Crunch Salad Fruit of the Day HVF Milk 33g	Southwest Taco Salad Fruit of the Day HVF Milk 43g	Crispy BBQ Chicken Salad Fruit of the Day HVF Milk 42g
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 <p>MySchoolBucks.com</p> <p>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.</p>	<p><u>SANDWICH BAR!!!</u></p> <p>Check out our Sandwich of the Day</p> <p align="center">Or</p> <p>Have your sandwich custom ordered!!</p> <p><u>NY SALAD BAR!!!</u></p> <p>Featuring a variety of locally grown items!!</p>	<p align="center"><u>Meal Prices</u></p> <p>1st Breakfast: Free</p> <p>1st Lunch: Free</p> <p>Hudson Valley Fresh Milk: \$0.60 (Free with 1st meal)</p>	<p align="center"><u>Lunch:</u></p> <p>Protein 2 oz</p> <p>Whole Grain 2 oz</p> <p>Vegetable 1 cup</p> <p>Fruit 1 cup</p> <p>Milk 8 oz</p> <p>650-850 Calories</p>	<p align="center"><u>Local & Buy American This Month</u></p> <p>Greg Farms Highland Farms IGOP Chefs Garden Hudson Valley Fresh Red Barn</p>	<p align="center"><u>QUESTIONS</u></p> <p align="center"><u>COMMENTS??</u></p> <p>Please call /email Michael Dandola, FSD 518.398.7181 ext. 1351 m.dandola@ppcsd.org</p> <p align="center">WE ARE AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER!</p> <p align="center">Employment Opportunities Available!!</p>
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