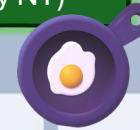


# MENU

This month's local Eggs  
are from Newburg Egg  
(the omelet is made by Kay  
Foods in Albany NY)

//////////  
**JANUARY**  
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## PK-6 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>No School</b> 1 New Years Day	<b>Chicken Nuggets</b> 2 Mashed Potatoes Steamed Peas & Carrots Assorted Fresh Fruit	<b>Cheese Pizza</b> 3 Steamed Mixed Veggie Blue Raspberry Applesauce Cup
<b>Rotini with Meat Sauce</b> 6 Garlic Breadstick Seasoned Green Beans Baby Carrots	<b>Chicken &amp; Waffles</b> 7 Emoji French Fries 100% Grape Juice Syrup Cup	<b>Ultimate Nachos</b> 8 (taco meat, cheese, black beans) Salsa & Sour Cream Yellow Corn Rainbow Pepper Sticks	<b>Macaroni &amp; Cheese</b> 9 Yogurt Cup & Granola Steamed Broccoli Cucumbers & Tomatoes Hummus Dip	<b>Cheese Pizza</b> 10 Steamed Mixed Veggie Assorted Fresh Fruit
<b>Cheeseburger w Bacon</b> 13 French Fries Rainbow Pepper Sticks Winter Berry Fruit Salad	<b>Toasted Ham &amp; Cheese Croissant</b> 14 Tomato Soup Goldfish Cracker String Cheese & Cucumber	<b>Cheesy Breadsticks with Marinara Sauce</b> 15 Steamed Carrots Fresh Veggie w/Hummus Assorted Fresh Fruit	<b>Orange Chicken</b> 16 Fried Rice & Dumplings Steamed Broccoli Baby Carrots	<b>Cheese Pizza</b> 17 Steamed Mixed Veggie Strawberry Applesauce Cup
<b>No School</b> 20 MLK Jr Day	<b>Chicken Nuggets</b> 21 Warm Garlic Knot Emoji French Fries Seasoned Green Beans Fresh Veggie w/Hummus	<b>French Toast Sticks</b> 22 <b>Cheese Omelet</b> Harvest of the Month Home Fries Orange Juice Syrup Cup	<b>Tortellini Alfredo with Chicken</b> 23 Garlic Texas Toast Steamed Peas & Carrots Fresh Grape Tomatoes	<b>Cheese Pizza</b> 24 Steamed Mixed Veggie Assorted Fresh Fruit
<b>Cheeseburger</b> 27 French Fries Rainbow Pepper Sticks Winter Berry Fruit Salad	<b>Cheesy Breadsticks w/Marinara Sauce</b> 28 Steamed Carrots Fresh Veggie w/Hummus Choc Chip Cookie	<b>No School</b> 29 Lunar New Year	<b>Soft Tacos</b> 30 (meat, cheese, lettuce) Salsa & Sour Cream Tortilla Chips w/Bean Dip Yellow Corn	<b>Cheese Pizza</b> 31 Steamed Mixed Veggie Mango Peach Applesauce Cup

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.  
Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

In collaboration with  
**CAPITAL REGION**  
**BOCES**  
SHARED FOOD SERVICE PROGRAM



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