


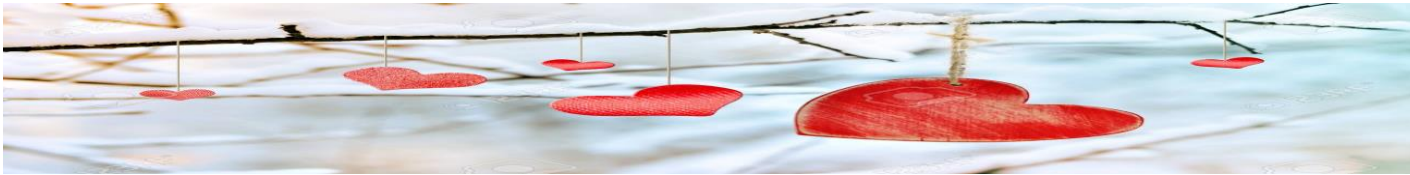





February 2023 Lunch Menu 9-12 \$1.75
High School Lunch Menu

**On Thurs., 2/9 and Fri., 2/10, if you buy a lunch, you will receive a ticket. Fill out the ticket & put it in the box in the kitchen. A name will be drawn for a \$10.00 gift card for the snack cart.*



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti & Meatballs w/a Dinner Roll ----- Broccoli 1/2c Seasoned Tomatoes 1/2c Fruit 1/2c Milk-8oz	2 Chicken Souvlaki on Flatbread ----- Vegetarian Beans 1/2c Cauliflower 1/2c NYS Apple-1 Piece Milk-8oz	3 Grilled Cheese ----- Carrots 1/2c Peas 1/2c Fruit 1/2c Milk-8oz
6 Chicken Nuggets w/Seasoned Rotini ----- Carrots 3/4c Green Peas 1/2c Fresh Fruit-1 Piece Milk-8oz	7 Taco in a Bag w/Nacho Doritos, Meat, Cheese and Salsa w/Rice ----- Green Beans 1/2c Black Bean Salad 1/2c Fruit 1/2c Milk-8oz	8 Chicken Alfredo w/Dinner Roll ----- Broccoli 1/2c Cauliflower 1/2c NYS Apple-1 Piece Milk-8oz	9 Meatball Submarine w/Mozzarella Cheese ----- NYS Roasted Potatoes 1/2c Seasoned Tomatoes 1/2c Fruit 1/2c Milk-8oz	10 SUPER BOWL FIESTA Hot Dog on a Bun Hamburger/Cheeseburger on a Bun Or Nacho Grande w/Rice ----- Vegetarian Beans 3/4c Fresh Fruit-1 Piece Milk-8oz
13 Hamburger or Cheeseburger on a Bun w/Seasonal Rotini ----- NYS Roasted Potatoes 1/2c 1/2c Romaine = 1c NYS Apple-1 Piece Milk-8oz	14 Nacho Grande w/Tostitos Chips, Lettuce, Cheese And Salsa w/Rice ----- Baked Beans 1/2c Seasoned Tomatoes 1/2c Fruit 1/2c Milk-8oz	15 Mozzarella Sticks w/Dipping Sauce ----- Broccoli 1/2c Mixed Vegetables 1/2c Fresh Fruit – 1 Piece Milk-8oz	16 Chicken Patty on a Bun ----- Green Beans 1/2c Cauliflower 1/2c Fruit 1/2c Milk-8oz	17 Grilled Cheese Sandwich ----- Carrots 3/4c Corn 1/2c Fresh Fruit – 1 Piece Milk-8oz
NO SCHOOL – WINTER RECESS				
				
27 Chicken Tender Sub w/Lettuce & Tomato ----- Green Beans 1/2c Oriental Vegetables 1/2c NYS Apple-1 Piece Milk-8oz	28 Taco in a Bag w/Nacho Doritos, Meat, Cheese and Salsa w/Rice ----- Corn 1/2c Green Peas 1/2c Fruit 1/2c Milk-8oz	 NYS POTATOES NYS APPLES		

NYS LOCAL FOODS

**Upstate Farms Dairy
-milk, yogurt, sour cream
*LynOaken Farms Apples
*Local Farm Vegetables and Fruit
used in Meal Program
highlighted in green*

In addition to the Entrée of the Day, we also serve the following Items Daily:

Cheese or Cheese and Pepperoni Pizza (2M-2G)

6" Subs Made to Order (2M2G)

10" Taco's Beef or Chicken (2M-2G)

Julienne Salad (Includes Flatbread) 2M2G

Peanut Butter & Jelly Sandwich (2M2G)

Fruit & Yogurt Parfait w/Flatbread(2M2G)

Offered daily with all School Lunches:

Fresh or Prepared Fruit

(Must take 1/2 cup of Fruit or Vegetable – may take up to 1 cup)

NY State Non or Low Fat White or Non Fat Chocolate Milk 8oz