

# **DECEMBER 2023 High School Lunch**



NYS LOCAL FOODS \*Upstate Farms Dairy

-milk, yogurt, sour cream

\*LynOaken Farms Apples \*Local Farm Vegetables and Fruit used in Meal Program hiahliahted in areen

If your son/daughter has a

particular food allergy, please

contact the school nurse and the

food service office via email at vera.spurrier@gmail.com

In addition to the Entrée of the Day,

we also serve the following Items

Daily:

Cheese or Cheese and

Pepperoni Pizza (2M2G)

6" Subs Made to Order (2M2G)

10" Beef Taco (2M2G)

Fruit & Yogurt Parfait

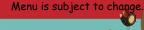
w/Flatbread (2M2G)

Julienne Salad w/Flatbread

(2M2G)

Peanut Butter & Jelly Sandwich

(2M2G)



# Monday



Taco in a Bag w/Nach

Doritos, Meat, Cheese and

Salsa

Corn 1/2c

Steamed Broccoli 1/2c

Fruit 1/2c

Milk -8oz

Chips, Lettuce, Cheese

and Salsa

Black Bean Salad 1/2c

Corn 1/2c

NYS Apple -1 Piece Milk-8oz

# Wednesday

Meatball Sliders

w/Mozzarella Cheese

Sliced Cucumbers 1/2c

1C Romaine Salad= 1/2c

NYS Apple-1Piece

Mílk 8-oz

Chicken Alfredo

Green Beans 1/2c

Fresh Baby Carrots 1/2c

Fruit 1/2c

Milk-8oz

Sweet and Sour

Chicken Over Rice

Broccoli 1/2c

Sliced Cucumbers 1/2c

Fresh Fruit 1 piece

Milk-8oz



## Thursday



**NYS Potatoes** NYS Winter Squash Apples

Cheeseburger

Submarine

NYS Winter Squash 1/2c

Mixed Vegetables 1/2c

Fruit 1/2c

Milk-8oz

"Breakfast for Lunch"

French Toast Sticks w/Syrup and an Egg Patty

Mixed Vegetables 1/2c

Cauliflower 1/2c

Fresh Fruit 1 Piece

Milk -8oz

Grilled Cheese Sandwich

w/Tomato Soup

**NYS Roasted** 

Potatoes 1/2c

Peas 1/2c

NYS Apple -1 piece Milk-8oz

# Friday

Sandwich Fresh Baby Carrots 1/2C 1C Romaine Salad= 1/2 C Fresh Fruit 1 piece Milk-8oz

Chicken Caesar Wrap

Mozzarella Sticks w/Marinara Sauce

**Sweet Potatoes 1/2c** Fruit 1/2c

### National Cookie Da

Macaroni and Cheese

Green Beans - 1/2c Carrots 1/2c Fresh Fruit -1 piece Milk-8oz

Nacho Grande w/Tostitos

Buffalo Chicken Sandwich On a Bun

Maple Glazed Carrots 1/2c Peas 1/2c Fruit 1/2c Milk-8oz

> 18 Chicken Tenders

w/Dipping Sauce and Buttered Noodles Baked Beans 1/2c

Green Beans 1/2c Fruit 1/2c Milk-8oz

Taco in a Bag w/Nacho Doritos, Meat, Cheese and Salsa

> Carrots 1/2c Corn 1/2c Fruit 1/2c Milk-8oz



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Grilled Cheese

Baked Beans 1/2c French Fries 1/2c Fresh Fruit 1 piece Milk-8oz

Pasta Pizza

Steamed Broccoli 1/2c 1C Romaine Salad= 1/2c Fruit 1/2c Milk-8oz

Mixed Vegetables 1/2c Milk-8oz

Offered daily with all School Lunches:

Fresh or Prepared Fruit (Must take ½ cup of Fruit or Vegetable may take up to 1 cup)

NY State Non or Low Fat White

This institution is an equal opportunity provider and employer.



**PAY FOR MEALS ONLINE** MySchoolBucks.com