

DECEMBER 2023 High School Lunch

Menu is subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday



National Cookie Day 4

Macaroni and Cheese
Green Beans – 1/2c
Carrots 1/2c
Fresh Fruit -1 piece
Milk-8oz

Taco in a Bag w/Nacho 5

Doritos, Meat, Cheese and Salsa
Corn 1/2c
Steamed Broccoli 1/2c
Fruit 1/2c
Milk -8oz

Meatball Sliders 6

w/Mozzarella Cheese
Sliced Cucumbers 1/2c
1C Romaine Salad= 1/2c
NYS Apple-1Piece
Milk 8-oz

Cheeseburger 7

Submarine
NYS Winter Squash 1/2c
Mixed Vegetables 1/2c
Fruit 1/2c
Milk-8oz

Grilled Cheese Sandwich 1

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

Buffalo Chicken Sandwich 11

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

Nacho Grande w/Tostitos 12

Chips, Lettuce, Cheese and Salsa
Black Bean Salad 1/2c
Corn 1/2c
NYS Apple -1 Piece
Milk-8oz

Chicken Alfredo 13

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

"Breakfast for Lunch" 14

French Toast Sticks w/Syrup and an Egg Patty
Mixed Vegetables 1/2c
Cauliflower 1/2c
Fresh Fruit 1 Piece
Milk -8oz

Pasta Pizza 15

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

Chicken Tenders 18

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 19

Doritos, Meat, Cheese and Salsa
Carrots 1/2c
Corn 1/2c
Fruit 1/2c
Milk-8oz

Sweet and Sour Chicken Over Rice 20

Broccoli 1/2c
Sliced Cucumbers 1/2c
Fresh Fruit 1 piece
Milk-8oz

Grilled Cheese Sandwich 21

w/Tomato Soup
NYS Roasted Potatoes 1/2c
Peas 1/2c
NYS Apple -1 piece
Milk-8oz

Mozzarella Sticks 22

w/Marinara Sauce
Sweet Potatoes 1/2c
Mixed Vegetables 1/2c
Fruit 1/2c
Milk-8oz

25

26

27

28

29



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

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)

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

This institution is an equal opportunity provider and employer.

MY SCHOOL BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com