



DECEMBER 2023 Middle School Lunch

Menu is subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday



NYS Potatoes
NYS Winter squash
Apples

NO SCHOOL
PARENT/TEACHER
CONFERENCES

National Cookie Day

Hot Dog
On a Bun

Green Beans – 3/4c
Fresh Fruit -1 piece
Milk-8oz

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

Corn 3/4c
Fruit 1/2c
Milk -8oz

Meatball Sliders
w/Mozzarella Cheese
Steamed Broccoli 3/4c
NYS Apple-1 Piece
Milk -8oz

Diced Chicken
Over Seasoned Rice
NYS Winter Squash 3/4c
Fruit 1/2c
Milk-8oz

Macaroni
and Cheese

Baked Beans 3/4c
Fresh Fruit 1 piece
Milk-8oz

Chicken Tenders
w/Dipping Sauce

Maple Glazed Carrots 3/4c
Fruit 1/2c
Milk-8oz

8" Taco w/Meat, Cheese,
Lettuce and Salsa

Black Bean Salad 3/4c
NYS Apple -1 Piece
Milk-8oz

"Holiday Dinner"
Turkey with Gravy,
Stuffing and a
Warm Dinner Roll

Peas 3/4c
Fruit 1/2c
Milk-8oz

Pasta Pizza

Mixed Vegetables 3/4c
Fresh Fruit-1 Piece
Milk -8oz

Grilled Cheese
Sandwich

Steamed Broccoli 3/4c
Fruit 1/2c
Milk-8oz

Chicken Tenders
w/Dipping Sauce

Baked Beans 3/4c
Fruit 1/2c
Milk-8oz

Nacho Grande w/Tostitos
Chips, Lettuce, Cheese
and Salsa

Carrots 3/4c
Fruit 1/2c
Milk-8oz

Sweet and Sour
Chicken Over Rice

Broccoli 3/4c
Fresh Fruit 1 piece
Milk-8oz

Hamburger or
Cheeseburger on a Bun

NYS Roasted
Potatoes 3/4c
NYS Apple -1 piece
Milk-8oz

Mozzarella Sticks
w/Marinara Sauce

Mixed Vegetables 3/4c
Fruit 1/2cd
Milk-8oz



This institution is an equal opportunity provider and employer.



PAY FOR MEALS ONLINE
MySchoolBucks.com

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

Offered Daily with
all School Lunches:
Fresh or Prepared Fruit
(Must take ½ cup of Fruit or Vegetable –
may take up to 1 cup)

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)

Fruit & Yogurt Parfait
w/Flatbread (2M2G)

Julienne Salad w/Flatbread
(2M2G)

Peanut Butter & Jelly
Sandwich (2M2G)

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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