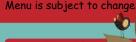
### **DECEMBER 2023 Middle School Lunch**





# Monday

## Tuesday

## Wednesday

## **Thursday**

# Friday

NYS Potatoes NYS Winter quash Apples

NO SCHOOL PARENT/TEACHER CONFERENCES

### National Cookie Da

Hot Dog On a Bun

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

Chicken Tenders

w/Dipping Sauce

Maple Glazed Carrots 3/4c

Fruit 1/2c

Milk-8oz

Chicken Tenders

w/Dipping Sauce

Baked Beans 3/4c

Fruit 1/2c

Milk-8oz

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

> Corn 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

Nacho Grande w/Tostitos

Chips, Lettuce, Cheese

and Salsa

Carrots 3/4c

Fruit 1/2c

Milk-8oz

Meatball Sliders w/Mozzarella Cheese

Steamed Broccoli 3/4c NYS Apple-1Piece Milk -8oz

"Holiday Dinner" Turkey with Gravy,

Stuffing and a

Warm Dinner Roll

Peas 3/4c

Fruit 1/2c

Milk-8oz

Sweet and Sour

Chicken Over Rice

Broccoli 3/4c

Fresh Fruit 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

Pasta Pizza

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

Grilled Cheese Sandwich

Steamed Broccoli 3/4c Fruit 1/2c 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

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### 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

> 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)

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.



