



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Winter Recess
No School**



**Jalapeno Nacho
Burger
w/ Tortilla Chips** 3

Green Peas or
Corn Nibblits

Fresh Fruit or
Diced Pears

**Chicken Cheesesteak
Hoagie** 4

Baked Oven Fries
or Spinach

Fresh Fruit or
Applesauce

**Chicken Ranch
Sandwich** 5

Carrot Coins or
Tossed Romaine Salad

Fresh Fruit or Peaches

Pepperoni Stromboli 6

Green Beans or
Zucchini

Fresh Fruit or Mixed Fruit

Basket of Favorites 9
(Mini Pretzel, Nuggets &
Mozzarella Sticks)

Mixed Vegetables or
Vegetarian Beans

Fresh Fruit or
Pineapple Tidbits

**Pasta w/ Meatballs
& Garlic Toast** 10

Tossed Romaine Salad
or Green Beans

Fresh Fruit or Peaches

**Grilled Cheese
Sandwich** 11

Tomato Soup and Carrots

Cinnamon Apple Slices
or Fresh Fruit

Nachos Grande 12

Broccoli or
Cauliflower

Fresh Fruit or Diced Pears


**BBQ Pork Rib
Sandwich** 13

Sweet Green Peas or
Carrot Coins

Fresh Fruit or Mixed Fruit

Choose 3 to 5 components each day, which may include 1 entrée. One of the components must be a fruit or vegetable.

**Martin Luther King, Jr
Day** 16



**Chicken Nuggets
With Seasoned Pasta** 17

Sweet Green Peas
or Corn Nibblits

Fresh Fruit or
Diced Pears

Macaroni & Cheese 18

Crispy Tater Tots or
Celery Sticks

Fresh Fruit or
Applesauce

**Taco in a Bag
w/ Rice** 19

Tex Mex Beans
or Green Beans

Fresh Fruit or Peaches

French Bread Pizza 20

Romaine Salad
or Brussel Sprouts

Fresh Fruit or
Mixed Fruit

**BBQ Burger
w/ Shredded Lettuce** 23

Steamed Broccoli or
Baked Beans

Fresh Fruit or Pineapple

24

25

26

27

**High School Regents Exams
Grades 9-12**

**BBQ Pulled Turkey
Sandwich** 30

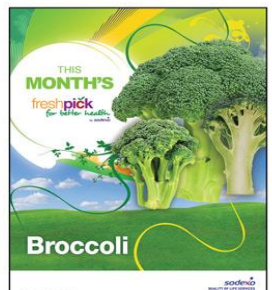
Carrot Coins
or Broccoli

Fresh Fruit or
Mandarin Oranges

Buffalo Chicken Sub 31

Tossed Romaine Salad
or Brussel Sprouts

Fresh Fruit or Peaches



Choice of Milk Available with Lunch:
Low-Fat White, Fat Free White, Fat Free Chocolate

Entrees Available Daily
Peanut Butter & Jelly or Cheese Sandwich
Baby Carrots (1/4 c)

All Breads and Grains are Whole Grain Rich

Meal Components:
Protein, Grain, Fruit
Vegetables & Milk

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