



Students **MUST** select one entrée with a side of fruit or vegetables each day for lunch, but may take all side items offered.

Meals Available Daily:
 PBJ w/Cheese Stick w/Side
 Cheese Sandwich w/Side
 Fruit & Yogurt Parfait w/Granola (MS/HS)
 Turkey Deli Sandwich w/Celery Sticks (HS)
 Fresh Express (HS)

Sides Available Daily:
 Fresh Fruit
 Salad of the Day

NY Byrne Dairy 1% or Skim White Milk, or Fat-Free Chocolate Served Daily w/Meals

Monday

Tuesday

Wednesday

NY Thursday

Friday

1
**NO SCHOOL
 NEW YEARS DAY**
 Check out NY Grown at:
www.milkvids.com

2
MEGA Crispy Chicken Leg
 w/Corn Muffin
Sides:
 Pinto Beans
 Pineapple Tidbits
 Fresh Express HS: Antipasto Salad w/Roll

3
**Garden Burger OR
 Classic Burger**
 w/Lettuce & Tomato
Sides:
 Carrot Coins
 Diced Pears
 Fresh Express HS: Mid East Salad Plate w/Pita Pocket

4
Veggie Egg Roll
 w/Fried Rice
NY Chobani Yogurt Shake
Sides:
 NY Grown Apple
 Confetti Corn
 Fresh Express HS: Antipasto Salad w/Roll

5
**Turkey Gravy w/Biscuit
 OR Chicken Sandwich**
Sides:
 Sweet Red Peppers
 Diced Peaches
 Fresh Express HS: Chicken Caesar Salad w/Roll

8
**Pepperoni Pizza
 OR Cheese Pizza**
Sides:
 Vegetable of the Day
 Fruit Cocktail
 Fresh Express HS: Chicken Caesar Salad w/Roll

9
Mexican Meatballs
 w/Rice & Beans
Sides:
 Broccoli
 Pineapple Tidbits
 Fresh Express HS: Antipasto Salad w/Roll

10
**Cheddar Ranch Burger OR
 Classic Burger**
 w/Lettuce & Tomato
Sides:
 Potato Wedges
 Diced Pears
 Fresh Express HS: Mid East Salad Plate w/Pita Pocket

11
**National Milk Day
 Toasted Cheese Sandwich**
Sides:
 Chunky Tomato Soup
 NY Apple Cider
 Fresh Express HS: Antipasto Salad w/Roll

12
**Buffalo Chicken Sandwich
 OR Chicken Sandwich**
Sides:
 Carrot Coins
 Diced Peaches
 Fresh Express HS: Chicken Caesar Salad w/Roll

15
**NO SCHOOL
 MARTIN LUTHER KING DAY**

16
Turkey Taco Bowl
 w/Lettuce, Tomato & Cheese
Sides:
 Vegetarian Refried Beans
 Pineapple Tidbits
 Fresh Express HS: Antipasto Salad w/Roll

17
**Bacon Burger OR
 Classic Burger**
 w/Lettuce & Tomato
Sides:
 Green Beans
 Diced Pears
 Fresh Express HS: Mid East Salad Plate w/Pita Pocket

18
Veggie Chili Potato
 *NY Grown Potato
 w/Whole Grain Crackers
 NY Sour Cream
Sides:
 Strawberry Cup
 Fresh Express HS: Antipasto Salad w/Roll

19
**Chicken Fajitas w/Salsa
 OR Chicken Sandwich**
Sides:
 Peppers & Onions
 Diced Peaches
 Fresh Express HS: Chicken Caesar Salad w/Roll

22
**Pepper & Onions Pizza
 OR Cheese Pizza**
Sides:
 Vegetable of the Day
 Fruit Cocktail
 Fresh Express HS: Chicken Caesar Salad w/Roll

23
Chicken Gyro
 w/Hummus & Feta
Sides:
 Sweet Potato Crisps
 Pineapple Tidbits
 Fresh Express HS: Antipasto Salad w/Roll

24
**Cheeseburger OR
 Classic Burger**
 w/Lettuce & Tomato
Sides:
 Corn on the Cob
 Diced Pears
 Fresh Express HS: Mid East Salad Plate w/Pita Pocket

25
Three Cheese Lasagna
 w/Dinner Roll (HS only)
NY Maple Candy
Sides:
 Chipotle Carrot Coins
 Strawberry Cup
 Fresh Express HS: Antipasto Salad w/Roll

26
**NO SCHOOL
 SUPERINTENDENT'S
 CONFERENCE DAY**

29
**Breakfast Pizza
 OR Cheese Pizza**
Sides:
 Vegetable of the Day
 Fruit Cocktail
 Fresh Express HS: Chicken Caesar Salad w/Roll

30
Orange Chicken
 w/Vegetable Fried Rice
Sides:
 Red Peppers & Carrots
 Pineapple Tidbits
 Fresh Express HS: Antipasto Salad w/Roll

31
**Turkey Burger OR
 Classic Burger**
 w/Lettuce & Tomato
Sides:
 Cowboy Beans
 Diced Pears
 Fresh Express HS: Mid East Salad Plate w/Pita Pocket

Look for the logo,
 know it's local!

