

Monday

Tuesday

Wednesday

Thursday

Friday

2
No School
Happy
New Year

3
Breakfast
Warm Muffin
Lunch
Chicken Pattie on a bun
Carrots

4
Breakfast
Bagel w/cream cheese
Lunch
Goulash
2 Bean Salad

5
Breakfast
Warm Muffin
Lunch
Turkey & Gravy over Brown
Rice & Corn

6
Breakfast
Cereal or cereal Bar
Lunch
Cheese Pizza
Steamed Broccoli

9
Breakfast
Pop Tart w/ cheese stk.
Lunch
Meatball Sub
Steamed Carrots

10
Breakfast
Warm Muffin
Lunch
Chili
Black Bean & Brown Rice

11
Breakfast
Bagel w/cream cheese
Brunch 4 Lunch
Tiger Sandwich
Home fries

12
Breakfast
Warm Muffin
Lunch
Taco Wrap
Sweet Corn

13
Breakfast
Cereal or cereal Bar
Lunch
Cheese Pizza
Steamed Broccoli

16
MLK
Day

17
Breakfast
Warm Muffin
Lunch
Sloppy Joe on a Bun
Carrot Salad

18
Breakfast
Bagel w/cream cheese
Lunch
Turkey & gravy over baked
Potato with Corn

19
Breakfast
Warm Muffin
Lunch
Fish Tacos
Roasted Chickpea's

20
No School
Conference Day

23
Breakfast
Pop Tart w/ cheese stk
Lunch
Hot Dog on a Bun
Baked Beans

24
Breakfast
Warm Muffin
Lunch
Warm Ham & Cheese bagel
Carrot

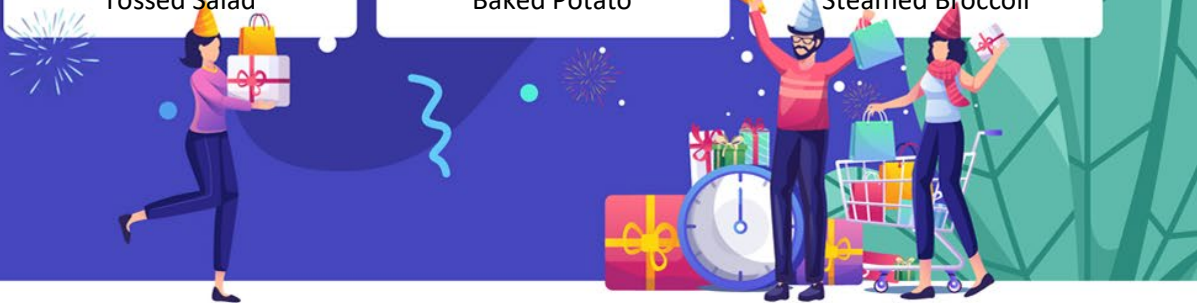
25
Breakfast
Bagel w/cream cheese
Lunch
Mac N Cheese
Tossed Salad

26
Breakfast
Warm Muffin
Lunch
BBQ or Buffalo Chicken strips
Baked Potato

27
Breakfast
Cereal or cereal Bar
Lunch
Cheese Pizza
Steamed Broccoli

30
Breakfast
Pop Tart w/ cheese stk.
Lunch
Taco Nacho
Black Bean & Tomato Salad

31
Breakfast
Warm Muffin
Lunch
Baked Rotini
Carrots



All Breakfast offer milk, fruit ,100% juice **ALL Lunches** offer Vegetable, Fruit, Milk Daily: Peanut butter & Jelly, Sandwich of the day, Mon.-Fri , Garden Salad M-W-F Tiger Pack T-TH
Get your application from main office or our website, ALL Breakfast/Lunch meals are **no longer free** to all. Second lunches are \$1.75.
Milk (8oz.) 1% white or Fat Free Chocolate, \$.55

No charging of snacks unless there is money on students account. Any questions feel free to contact Pat Metzler 518-794-7600 ,opt.2 ,opt.7