

Monday

Breakfast 6

Warm Muffins and Yogurt
Lunch
Cheese Quesadilla
Green Beans

Breakfast 13

Warm Muffins and Yogurt
Lunch
Chicken Parm. w/spaghetti
Tomato/Cuc. Salad

**President's
Day** 20
Breakfast 27

Warm Muffins & Yogurt
Lunch
Fresh Baked Calzones
Cucumber slices

Tuesday
Breakfast 7

Pop Tart w/cheese stk.
Lunch
Walking Taco
Warm Seasoned Black Beans

Breakfast 14

Pop Tart w/cheese stk.
Lunch
Grilled Cheese Croissant
Soup & Roasted Chickpeas

Winter recess 21
Breakfast 28

Pop Tart w/cheese stk.
Lunch
Taco Nachos
Green Beans

Wednesday
Breakfast 1

Bagel w/CC
Lunch
General Tso Chicken
w/Steamed Brown rice
Green Beans

Breakfast 8

Bagel w/CC
Lunch
Cheeseburger Wrap
French Fries

Breakfast 15

Bagel w/CC
Lunch
Spaghetti W/meatballs
Sweet Corn

Winter recess 22
Thursday
Breakfast 2

Breakfast Wrap
Lunch
Sloppy Joe on a Bun
French Fries

Breakfast 9

Breakfast Wrap
Lunch
Turkey & Gravy over Brown
Rice & Sweet Corn

Breakfast 16

Breakfast Wrap
Lunch
Chicken Bruschetta Casserole
Carrots

Winter recess 23
Friday
Breakfast 3

Cereal or Cereal bars
Lunch
Cheese Pizza
Steamed Broccoli

Breakfast 10

Cereal or Cereal bars
Lunch
Cheese Pizza
Steamed Broccoli

Breakfast 17

Cereal or Cereal bars
Lunch
Cheese Pizza
Steamed Broccoli

Winter recess 24


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