

**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