





## January 2023 High School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Meal: \$2.75</b> <b>Doubles: \$1.50</b> <b>Milk: \$0.60</b> <b>Snacks: \$0.75 +</b> <b>Drinks: \$1.00 +</b>	 <span style="font-size: small;">2</span>	<b><u>Welcome Back!</u></b> Chicken Nuggets Corn Bread French Fries NYS Green Beans <span style="font-size: small;">3</span>	<b><u>Quesadillas</u></b> Chicken, Cheese, Veggie or Beef Fluffy Brown Rice Steamed Corn Black Beans <span style="font-size: small;">4</span>	Grilled Cheese <b>or</b> Philly Cheese Steak <b>Carrots &amp; Celery</b> Tomato Soup <span style="font-size: small;">5</span>	Belgian Waffles Sausage Links <b>or</b> Breakfast Wrap Potato Puffs Spinach Salad <span style="font-size: small;">6</span>
<b>Milk &amp; fresh or canned fruit served daily with lunch</b>	Popcorn Chicken Buttermilk Biscuit Mashed Potatoes Gravy Steamed Corn <span style="font-size: small;">9</span>	<b><u>Soup &amp; Sandwich</u></b> <b><u>Toasted Flatbread w/</u></b> Turkey/Provolone or Ham & Cheese Homemade Soup Salad Bar <span style="font-size: small;">10</span>	Chicken Patty on a Bun <b>or</b> Double Dogs French Fries Garden Green Peas NYS Pickles <span style="font-size: small;">11</span>	<b><u>Calzones</u></b> <i>Assorted fillings</i> Broccoli Baby Carrots <span style="font-size: small;">12</span>	Pasta Primavera <b>or</b> <b>or</b> Grilled Turkey Melt Chef's Choice Vegetable <span style="font-size: small;">13</span>
<b><u>Daily Choices</u></b> Pizza Slice Bagel Meal Salad Meal Deli Sandwich	 <span style="font-size: small;">16</span>	Soft or Crunchy Tacos Fluffy Brown Rice Steamed Corn Corn & Beans Assorted Toppings <span style="font-size: small;">17</span>	<b><u>Pasta Bar</u></b> Spaghetti w/ choice of <b>Chicken Alfredo,</b> <b>Meatballs, Marinara or</b> <b>Chicken Parmesan</b> Garlic Bread, Salad <span style="font-size: small;">18</span>	Homemade Pancakes with Sausage & Blueberry Topping <b>or</b> Ham, Egg & Cheese Hash Brown Spinach Salad <span style="font-size: small;">19</span>	Macaroni & Cheese Fish Sticks Garden Green Peas Chef's Choice Vegetable <span style="font-size: small;">20</span>
<b>Milk &amp; fresh or canned fruit served daily with lunch</b>	<b><u>Chinese New Year</u></b> General Tso's Chicken <b>or</b> Sweet & Sour Steamed Rice Stir Fried Vegetables <span style="font-size: small;">23</span>	Baked Potato Bar <b>or</b> Buffalo Chicken Dip Tortilla Chips Homemade Chili Broccoli & Cheese Sauce <span style="font-size: small;">24</span>	Italian Dunkers on Ciabatta Bread Marinara Sauce <b>or</b> Buffalo Chicken Wrap Fruit Crisp <span style="font-size: small;">25</span>	<b><u>Schuylerville Burger</u></b> Bacon, Cheese, Plain or Veggie Baked Beans French Fries <span style="font-size: small;">26</span>	Mozzarella Sticks <b>or</b> Buffalo Crunchers Marinara Sauce Seasoned Rotini Glazed Carrots Veggie Sticks <span style="font-size: small;">27</span>
<b>All meals must include at least 1 serving of fruit and/or vegetable</b>	Chicken Nuggets Corn Bread Roasted NY Potatoes NYS Green Beans <span style="font-size: small;">30</span>	 <b><u>Walking Taco</u></b> Beef & Cheese Bag of Chips, Rice Seasoned Black Beans Salsa, Lettuce, Cheese <span style="font-size: small;">31</span>	 Visit the Titan Family Portal at <a href="http://www.family.titank12.com">www.family.titank12.com</a> to monitor student purchases, deposit funds, set up automatic payments or low balance reminders, and apply for free/reduced price meals. You can also download the Titan app on your smartphone.		