



January 2024 High School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Meal: FREE Doubles: \$1.50 Milk: \$0.60 Snacks: \$1.00 + Ice Cream: \$1.00 + Water: \$1.00 Drinks: \$1.00 + Milk & fresh or canned fruit served daily with lunch <u>Daily Choices</u> Pizza Slice Bagel Meal Salad Meal Deli Sandwich Yogurt Meal Pretzel Meal <u>Local & Fresh</u> Look for the apple on our menu that designates a local product from NY.  All meals must have at least 1 serving of fruit and/or vegetable	 1	No School 2	Boneless Wings Buffalo, BBQ, or Garlic Parmesan Buttermilk Biscuit Curly Fries Carrots & Celery 3	Grilled Cheese or or Double Dogs Tomato Soup Baked Beans 4	Cheese Lasagna or French Dip Brussels Sprouts Green Beans 5
	 Soft or Crunchy Tacos  Beef or Vegetarian Brown Rice Steamed Corn Seasoned Black Beans 8	 Schuylerville Burger  Roasted Potatoes Lettuce & Tomato 9	<u>Pasta Bar</u> Penne w/ choice of Chicken Alfredo or Meatballs w/ Marinara Broccoli, Garlic Bread Caesar Salad 10	Texas French Toast Eggs or Sausage or Smoothie & Muffin Potato Puffs Spinach Salad 11	Grilled Sandwich Turkey & Cheese or Ham & Swiss Broccoli Cheddar Soup Veggie Sticks 12
	 15	Mozzarella Sticks Seasoned Rotini Marinara Sauce Steamed Broccoli Caesar Salad 16	Chicken Enchiladas or Cuban Piada Spanish Rice Corn, Black Beans 17	Crispy Chicken Sandwich French Fries Baby Carrots Roasted Chickpeas 18	<u>Build Your Own Sub</u> Selection of Boar's Head Meats & Cheeses  Homemade Chili Veggie Sticks 19
	 Walking Taco Fluffy Brown Rice Black Beans & Corn Assorted Toppings 22	Popcorn Chicken Baked Bread Mashed Potatoes Gravy Steamed Corn 23	Buffalo Chicken Dip with Tortilla Chips or Chicken Bacon Ranch Wrap Carrots & Celery 3 24	<u>Calzones</u> Pepperoni, Cheese, Buffalo Chicken, Broccoli or Cheesesteak Green Beans, Salad Cherry Crisp 25	General Tso's or Orange Chicken Egg Roll Jasmine Rice Stir-fried Vegetables 26
	Waffles with Sausage or Breakfast Sandwich Potato Puffs Spinach Salad 29	Chicken Picatta over Spaghetti or Cheese Lasagna Garlic Bread Broccoli, Caesar Salad 30	Quesadillas Cheese, Chicken or Beef Spanish Rice Steamed Corn Seasoned Black Beans 31		