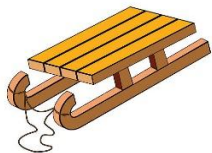








## January 2026 UPK Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch is FREE</b> for all students!			 1	 2	 3
<b>Alternates</b> PB&J Meal Mondays/Wednesdays	Boneless Chicken Wings Homemade Cornbread <b>or</b> Egg Salad Sandwich French Fries 5	Grilled Cheese <b>or</b> Pulled Pork Sandwich Baked Beans 6	Pancakes with Sausage <b>or</b> Breakfast Wrap Potato Puffs 7	Italian Dunkers Marinara Sauce <b>or</b> Ham Sandwich 🍎 NYS Green Peas 8	Cheese Pizza <b>or</b> Meatball Sub Veggie Sticks 9
<b>Available With All Meals</b> Seasonal Fresh and/or Canned Fruit Stewart's White Milk	Crispy Chicken Sandwich <b>or</b> Tuna Sandwich Sidewinder Fries 12	Cheese Quesadilla <b>or</b> Turkey Sandwich Steamed Corn 13	<b>SUPER SUB</b> Shaved Turkey on Homemade Bread <b>or</b> Yogurt Meal Veggie Sticks NY Potato Chips 14	🍎 Cheeseburger <b>or</b> Hot Dog on a Bun Baked Beans 🍎 Roasted Potatoes 15	Cheese Pizza <b>or</b> Italian Wrap Baby Carrots 16
<b>We love local!</b> We partner with a number of local farms Look for the 🍎 designating local products from within New York state.	 19	Mozzarella Sticks Seasoned Rotini Marinara Sauce <b>or</b> Turkey Sandwich 20	French Toast Sticks <b>or</b> Toasted Bagel Sausage Links Hash Brown 21	Nachos w/ Beef 🍎 & Cheese Sauce Steamed Rice <b>or</b> Ham Sandwich Steamed Corn 22	Cheese Pizza <b>or</b> 🍎 Beef Empanada Veggie Sticks 23
<b>Boar's Head</b> deli meats on all sandwiches  Boar's Head	Popcorn Chicken w/ Buttermilk Biscuit <b>or</b> Ham Sandwich Mashed Potatoes/Gravy 26	Macaroni & Cheese with a Fish Fillet <b>or</b> Egg Salad Sandwich Garden Green Peas 27	Beef Tacos 🍎 Steamed Rice <b>or</b> Turkey Sandwich Seasoned Black Beans 28	Orange Chicken with Jasmine Rice <b>or</b> Ham Sandwich Roasted Broccoli Fortune Cookie 29	Cheese Pizza <b>or</b> 🍎 Meatball Sub Green Beans 30