



JANUARY 2021

Child Nutrition Pre K – 8th

HOT LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Grilled Cheese Sandwich **4**
Steamed Carrots, ½ cup
Seasoned French Fries, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

Penne Pasta with **5**
Beef Meatballs
Marinara Sauce 2oz
Green Beans, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk

Brunch for Lunch **6**
Egg & Cheese on a
WG Bagel/English Muffin
Hash Browns ½ cup
Green Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

Breaded Chicken Smacker **7**
Teriyaki Sauce
with Brown Rice
Steamed Broccoli, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk



Cheese Pizza **8**
Steamed Broccoli, ½ cup
Chickpea Salad, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

Roasted Chicken Pieces **11**
WG Breadstick
Brown Rice ½ cup
Kidney Beans, 1/2 cup
Assorted Fruit, ½ cup
Choice of Milk

Baked Macaroni **12**
& Cheese
Carrot Coins, ½ cup
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

Chicken Patty on a Bun **13**
Honey Mustard & BBQ Sauce
Potato Wedges- 3/4 cup
Fresh Seasonal Fruit, ½ cup
Choice of Milk

Turkey Tacos on **14**
a Soft Tortilla Shell
Shredded Lettuce
Green Pepper Strips, ½ cup
Sweet Potato Fries, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

Sicilian Pizza **15**
Steamed Zucchini, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk



Chicken Fajita w/ cheese **19**
on Soft Shell
Black Bean Salad, ½ cup
Roasted Corn, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

Beef Cheeseburger on Bun **20**
Sweet Potato Fries, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk

Chicken Nuggets with **21**
Potato Wedges, ½ cup
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

Mozzarella Sticks **22**
Rotini Pasta
Marinara Sauce
Steamed Spinach, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk

Quesadilla with Cheese **25**
Steamed Carrots, ½ cup
Black Bean Salad, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

Brunch for Lunch **26**
Egg & Cheese on a
WG Bagel/English Muffin
Hash Browns ½ cup
Green Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

Chicken Fajita **27**
Penne Pasta
Parmesan Cheese
Steamed Broccoli, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk

Beef Tacos on **28**
a Soft Tortilla Shell
Shredded Lettuce
Sweet Potato Fries, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk

Cheese Pizza **29**
Steamed Zucchini, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk

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The U.S.D.A. and NYSED have granted free Breakfast and free Lunch to ALL students until

Assorted Fruit

Fresh Fruit-1 Piece ex (apple, banana, orange)

Frozen Fruit Cup ½ cup

Prepared Fruit Cup ½ cup
Ex. (pear, pear, peaches, applesauce)