LUNCH & Breakfast

JANUARY 2017

Middle-High School

Each student receives 1 Free breakfast and 1 Free lunch

Daily choices:
Vegetable bar
Fat free or low fat milk
100% juice, fresh fruit, fruit cup
Pizza, chicken patty on roll,
Deli sandwich or salad made to order

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School Today	**3** BBQ rib on whole grain Sub roll Baked sweet potato fries Green beans	**4** Chicken nuggets Mashed potatoes/gravy Broccoli Dinner roll	**5** Tacos in a bag Lettuce cheese Salsa sour cream Refried beans Brown rice Corn	**6** Chicken wing pizza or Fish on roll Garden salad bar Apple crisp
9 Bacon cheeseburger on Whole grain roll Baked potato wedges Baked beans	**10** Popcorn chicken Mashed potatoes/gravy Steamed spinach Dinner roll	**11** ½ Day Toasted cheese sandwich Tomato soup Crackers Baby carrots/dip	**12** Twin Tacos Lettuce cheese Salsa sour cream Refried beans Brown rice Corn	**13** Garlic French bread pizza Or Fish on roll Garden salad bar Blueberry crisp
16 No School Today	**17** Macaroni and cheese Garlic toast Steamed broccoli	**18** Chicken nuggets Mashed potatoes/gravy Steamed carrots Dinner roll	**19** Tacos in a bag Lettuce cheese Salsa sour cream Refried beans Brown rice Corn	**20** Pepperoni pizza or Fish on roll Garden salad bar Chocolate chip cookie
23 Hot meatball sub With mozzarella cheese Baked potato rounds Steamed spinach	**24** Popcorn chicken Mashed potatoes/gravy Steamed winter squash Dinner roll	**25** Breakfast for lunch French toast sticks Sausage links Hash brown potatoes Cinnamon apple slices	**26** Chicken and rice burrito Refried beans Corn Salsa Sour cream	**27** Cheese calzone With dipping sauce Garden salad bar Ice cream
30 Hamburger on roll Baked curly fries Steamed carrots	**31** Pasta with Meatballs Stuffed breadstick Green beans			

Monday: Egg & cheese breakfast pizza
Tuesday: French toast sticks
Wednesday: Egg & cheese on English muffin
Thursday: Breakfast sausage pizza
Friday: Fresh baked cinnamon roll

Daily choices: Cereal, bagel/cream cheese, assorted breakfast bars, yogurt

South Seneca School is an equal opportunity provider and employer.

MY SCHOOL BUCKS
PAY FOR MEALS ONLINE
MySchoolBucks.com