



# JANUARY 2024

[SMSD 9-12]



**Personal Touch**  
FOOD SERVICE

Menu is subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday

**1**  
NYS Potatoes  
NYS Cabbage  
NYS Apples

**2**  
Seasoned Meat & Cheese Tacos  
Rice  
Black Bean Salad 1/2 C  
Corn 1/2C  
**NYS Apple 1 Piece**  
Milk-8oz

**3**  
Chicken Patty Sandwich  
Broccoli 1/2C  
Baby Carrots 3/4C  
Fruit 1/2C  
Milk-8oz

**4**  
Spaghetti WG & Meatballs Bread Sticks  
Green Beans 1/2C  
Cucumber slices 1/2C  
Fresh Fruit 1 piece  
Milk-8oz

**5**  
Chicken Tenders  
Pretzels  
Carrots 1/2C  
French fries 1/2C  
Fruit 1/2C  
Milk-8oz

**8**  
Hot Dogs on a WG Bun  
Baked Beans 1/2C  
1C Romaine Salad=1/2C  
Fruit 1/2C  
Milk-8oz

**9**  
Macaroni & Cheese  
Garlic Bread  
Corn 1/2C  
Diced Tomatoes 3/4C  
Fruit 1/2c  
Milk-8oz

**10**  
Chicken & Cheese Wraps  
Steamed Broccoli 1/2 C  
Carrot Sticks 1/2c  
Fresh Fruit-1 Piece  
Milk-8oz

**11**  
BBQ Chicken Sandwich  
**NYS Cole Slaw 1/2C**  
**French Fries 1/2C**  
**NYS Apple-1 Piece**  
Milk-8oz

**12**  
**NO SCHOOL**  
Professional Development Day  
Staff Only



**16**  
Chicken Nuggets  
FF Ranch  
Black Bean Salad 1/2 C  
Corn 1/2C  
**NYS Apple 1 Piece**  
Milk-8oz

**17**  
Cheeseburgers on a WG Bun  
Peas 1/2C  
Baby Carrots 1/2C  
Fruit 1/2C  
Milk-8oz

**18**  
Beef & Broccoli  
**NYS Steamed Cabbage 1/2C**  
**Green Beans 1/2C**  
**Fresh Fruit -1 Piece**  
Milk-8oz

**19**  
Pepperoni & Cheese Pizzas  
Steamed Broccoli 1/2C  
Glazed Carrots 3/4C  
Fruit 1/2C  
Milk-8oz

**22**  
Hot Dog & Cheese Roll Ups  
Baked Beans 1/2C  
Green Beans 1/2c  
Fruit 1/2c  
Milk-8oz

**23**  
Chicken Fajitas  
w/ **NYS Onions**  
Carrots 3/4C  
Corn 1/2C  
Fruit 1/2c  
Milk-8oz

**24**  
Open Face Turkey Sandwich  
Broccoli 1/2C  
Tater Tots 1/2C  
**NYS Apple -1 piece**  
Milk-8oz

**25**  
**Opposite Day**  
**Breakfast for Lunch**  
French Toast Sticks  
Sausage  
Roasted Red Potato Wedges 3/4C  
Sweet Potatoes 1/2C  
**Juice Rush=1/2C Fruit**  
Milk-8oz

**26**  
Pepperoni & Cheese Pizza  
Fresh Pepper Slices 1/2C  
1C Romaine Salad=1/2C  
Fruit 1/2C  
Milk-8oz

**29**  
Chicken Finger Subs  
Broccoli 1/2C  
Baby Carrots 1/2C  
Fruit 1/2C  
Milk-8oz

**30**  
BBQ Burger on a WG Bun  
Corn 1/2C  
Black Bean Salad 1/2 C  
**NYS Apple 1 Piece**  
Milk-8oz

**31**  
Grilled Turkey & Cheese Flatbread  
Carrots 1/2C  
Green beans 1/2C  
Fruit 1/2c  
Milk-8oz

If your son/daughter has a particular food allergy, please contact Maggie in the food service office @ EXT. 219

## NYS LOCAL FOODS

\*Upstate Farms Dairy  
-milk, yogurt, sour cream  
\*Lyn Oaken Farms Apples  
\*Local Farm Vegetables and Fruit  
Used in Meal Program  
Highlighted in Green

In addition to the Entrée of the Day,  
We also serve the following Daily:  
Pizza

6" Subs and Wraps Made to Order (2M2G)

Salads Made to Order  
(Includes Flatbread) (2M2G)

Peanut Butter & Jelly Sandwich  
(2M2G)

Fruit & Yogurt Parfait  
w/Flatbread(2M2G)

Offered Daily  
with all School Lunches:  
**Fresh or Prepared Fruit**  
(Must take 1/2 cup of Fruit or Vegetable – may take up to 1 cup)

**NY State Non or Low Fat**  
**White or**  
**Non Fat Chocolate Milk 8oz**