



December 2022 Lunch Menu 9-12

SMSD



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
 NYS Cabbage NYS Potatoes			1 Roasted Seasoned Chicken ----- Seasoned Tomatoes 1/2c Roasted Potatoes 1/2c NYS Apple-1 piece Milk-8oz	2 Grilled Cheese Sandwich Tomato Soup ----- 1c Romaine Salad = 1/2c Fresh bag Carrots 1/2c Fruit 1/2c Milk-8oz
5 Chicken Alfredo ----- Steamed Broccoli 1/2c Tater Tots 1/2c Fresh Fruit -1 piece Milk-8oz	6 8" Taco w/Seasoned Meat & Cheese ----- Sliced Cucumber 1/2c Corn 1/2c Fruit 1/2c Milk-8oz	7 Fish Sticks & Fries ----- Mixed Vegetables 1/2c Carrots 3/4c Fruit 1/2c Milk-8oz	8 Baked Macaroni & Cheese Garlic Stick ----- Steamed Cabbage 1/2c Fresh Baby Carrots 1/2c NYS Apple-1 piece Milk-8oz	9 Hot Dog on a WG Bun ----- Baked Beans 1/2c 1C Romaine Salad= 1/2c Fruit 1/2c Milk-8oz
12 Chicken Tenders Seasoned Pasta ----- Maple Glazed Carrot 3/4c Peas 1/2c Fruit 1/2c Milk-8oz	13 Taco in a Bag (RF Doritos) ----- Corn 1/2c Seasoned Black Beans 1/2c Fruit 1/2c Milk-8oz	14 BBQ Burgers ----- Steamed Broccoli 1/2c Sliced Cucumbers 1/2c Fresh Fruit-1 piece Milk-8oz	15 Chicken & Gravy ----- Baked Potatoes 1/2c Green Beans 1/2c NYS Apple-1 piece Milk-8oz	16 Assorted Pizzas ----- Fresh bag Carrots 1/2c 1C Romaine Salad= 1/2c Fresh Fruit-1 piece Milk-8oz
19 Chicken Patty on a WG Bun ----- Steamed Broccoli 1/2c Fresh Baby Carrots 1/2c Fresh Fruit-1 piece Milk-8oz	20 Chicken & Cheese Fajitas ----- Corn 1/2c 1C Romaine Salad= 1/2c Fruit 1/2c Milk-8oz	21 Hot Ham & Cheese Sandwiches ----- Baked Beans 1/2c Mixed Vegetables 1/2c Fruit 1/2c Milk-8oz	22 Lazy Lasagna with Meat Sauce ----- Steamed Cabbage 1/2c Green Beans 1/2c NYS Apple-1 piece Milk-8oz	23 Turkey WG Corn Dogs ----- Sweet Potatoes 3/4c Sliced Cucumbers 1/2c Fruit 1/2c Milk-8oz

This Institution is an Equal Opportunity Provider and Employer.

NYS LOCAL FOODS

*Upstate Farms Dairy
 -milk, yogurt, sour cream
 *LynOaken 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 Items Daily:

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 ½ cup of Fruit or Vegetable – may take up to 1 cup)

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