



December 2022 Lunch Menu K-8

SMSD



Menu is Subject to Change.

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