













# February 2023 Lunch 9-12

## SMSD



Menu is Subject to Change.

Monday	Tuesday	Wednesday	Thursday	Friday
 NYS Potatoes NYS Apples		<sup>1</sup> Macaroni & Cheese Garlic Butter Roll ----- Steamed Broccoli ½ C Green beans ½ C Fruit 1/2c Milk-8oz Homemade Soup Day	<sup>2</sup> Open Face Turkey Sandwich ----- Maple Glazed carrots ½ C Peas- ½ c NYS Apple-1 piece Milk-8oz	<sup>3</sup> Pepperoni & Cheese Pizzas ----- Baby Carrots ½ c Baked Beans ½ C Fruit 1/2c Milk-8oz Heart Shaped Sugar Cookies
<sup>6</sup> Chicken Caesar Wraps ----- Steamed Broccoli – ½ C 1C Romaine salad- ½ C Fresh Fruit -1 piece Milk-8oz	<sup>7</sup> Pasta Bar Red OR White Sauce Garlic Stick ----- Corn ½ C Fresh Baby Carrots ½ C Fruit 1/2c Milk -8oz	<sup>8</sup> Chicken Nuggets Buffalo OR Plain Pretzel Bun ----- Carrots ¾ C Fresh Sliced Cucumbers ½ C NYS Apple-1Piece Milk-8oz	<sup>9</sup> Meatloaf & Gravy ----- Roasted Potatoes ½ C Green Beans ½ C Fruit 1/2c Milk-8oz	<sup>10</sup> Grilled Cheese Sandwich ----- Baked Beans ½ c Mixed Vegetable ½ C Fresh Fruit 1/2c Milk-8oz
<sup>13</sup> <b>CHEF'S CHOICE</b> Maple glazed carrots ¾ c TATOR Tots ½ C NYS Apple -1 Piece Milk-8oz	<sup>14</sup> Fish Tacos Lettuce-Cheese-Salsa ----- Black Beans ½ C Corn ½ C Fruit 1/2c Milk-8oz Sugar Free Strawberry Jello Cups	<sup>15</sup> Chicken Finger Subs ----- Green Beans ½ C Fresh Sliced Cucumbers ½ C Fresh Fruit 1 piece Milk-8oz	<sup>16</sup> Baked Pasta w/ Meat Sauce ----- Steamed Broccoli ½ C Fresh Baby Carrots ½ C Fruit 1/2c Milk -8oz	<sup>17</sup> Cheeseburgers ----- Roasted Potatoes ¾ C 1C Romaine salad- ½ Fresh Fruit 1/2c Milk-8oz
<sup>20</sup> 	<sup>21</sup> 	<sup>22</sup> 	<sup>23</sup>  National Chili Day	<sup>24</sup> 
<sup>27</sup> Hot Dog Roll Ups w/cheese ----- Baked Beans ½ C Steamed Broccoli ½ C NYS Fresh Apple-1 Piece Milk-8oz	<sup>28</sup> Assorted Meat & Cheese Wraps ----- Carrots ½ C Corn ½ C Fruit ½ C Milk-8oz			

**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 following items

Daily:  
Peanut Butter & Jelly Sandwich  
(2M2G)  
Fruit & Yogurt Parfait w/Flatbread  
(2M2G)

Grilled Cheese Sandwich (Friday  
Only)

**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**

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