













# February 2023 Lunch K-8

## SMSD



Menu is Subject to Change.

Monday	Tuesday	Wednesday	Thursday	Friday
 NYS Potatoes NYS Apples		1 Baked Macaroni & Cheese ----- Steamed Broccoli ½ C Green beans ½ C Fruit 1/2c Milk-8oz	2 Open Face Turkey Sandwich ----- Sliced carrots ¾ C NYS Apple-1 piece Milk-8oz	3 Pepperoni & Cheese Pizzas ----- Peas ½ C Baked Beans ½ C Fruit 1/2c Milk-8oz Heart Shaped Sugar Cookies
6 Chicken Caesar Wraps ----- Steamed Broccoli – ¾ C Fresh Fruit -1 piece Milk-8oz	7 Pasta Bar Red OR White Sauce Garlic Stick ----- Green Beans ¾ C Fruit 1/2c Milk -8oz	8 Chicken Nuggets Buffalo OR Plain ----- Carrots ¾ C NYS Apple-1Piece Milk-8oz	9 Meatloaf & Gravy ----- Roasted Potatoes ¾ C Fruit 1/2c Milk-8oz	10 Grilled Cheese Sandwich ----- Baked Beans ¾ c Fruit 1/2c Milk-8oz
13 CHEF'S CHOICE ----- Maple glazed carrots 3/4c NYS Apple -1 Piece Milk-8oz	14 Fish Tacos Lettuce-Cheese-Salsa ----- Black Beans ¾ c Fruit 1/2c Milk-8oz Sugar Free Strawberry Jello Cups	15 Chicken Fingers ----- Green Beans ¾ C Fresh Fruit 1 piece Milk-8oz	16 Baked Pasta w/ Meat Sauce ----- Steamed Broccoli ¾ c Fruit 1/2c Milk -8oz	17 Cheeseburgers ----- Roasted Potatoes ¾ c Fruit 1/2c Milk-8oz
20 	21 	22 	23  National Chili Day	24 
27 Hot Dog Roll Ups w/Cheese ----- Baked Beans ½ C Green Beans ½ C NYS Fresh Apple-1 Piece Milk-8oz	28 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
- \*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 Items Daily:  
Peanut Butter & Jelly Sandwich (2M2G)  
Fruit & Yogurt Parfaits 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

This Institution is an Equal Opportunity Provider and Employer.