

Middleburgh Central School District Jr. - Sr. High School Lunch Menu

January 2018



Meal Pricing:

Elementary School:

Breakfast—\$1.50, Full Lunch—\$2.25

Jr. Sr. High School:

Breakfast—\$1.50, Full Lunch—\$2.50

Reduced Price Meals: Breakfast/Lunch—.25 cents (all schools)

All bread, pasta, rice, pizza, and taco/tortillas are whole grain.

Daily Vegetable Choices

Fresh veggie cups w/ dip, tossed green salad, hot vegetable of the day.

*Students **MUST** choose a fruit or vegetable as part of a reimbursable meal.

Available Daily

Salads:

Tossed salad, spinach & grilled chicken, romaine mixed salad, breaded chicken salad, BBQ salad, buffalo salad, chef salad.

Wraps:

Egg Salad, tuna salad, chicken salad, buffalo, BBQ, plain breaded chicken wraps.

Vegetarian Options:

Vegetarian variations of the hot, daily entrée are available. Vegetarian salads and sandwiches also available daily.

Monday, Jan 1 	Tuesday, Jan 2 Popcorn Chicken with Sauce for Dipping Seasoned Rice Honey Glazed Carrots Fresh or Canned Fruit Fat Free or 1% Milk	Wednesday, Jan 3 Spaghetti with Homemade Marinara Sauce or Homemade Meat Sauce, Fresh Baked Bread Stick, Garlic Broccoli, Fresh or Canned Fruit, 1% or Fat Free Milk	Thursday, Jan 4 Build Your Own Burger with Fresh Chopped Lettuce & Tomato, Sliced Cheese, Pickles and Sliced Onion. French Fries Fresh or Canned Fruit Fat Free or 1% Milk	Friday, Jan 5 Italian Dunkers , Spinach Romaine Tossed Salad and Fresh Vegetables, oven roasted Chick Peas, Fresh or Canned Fruit Fat Free or 1% Milk.
Monday, Jan 8 Sloppy Joe Sliders with Cheddar Cheese Oven Baked French Fries , Fresh or Canned Fruit, Fat Free or 1% Milk	Tuesday, Jan 9 Pineapple Chicken, white meat chicken marinated in pineapple sweet and sour sauce over Seasoned rice with Whole Green Beans, Fresh or Canned Fruit, Fat Free or 1% milk	Wednesday Jan 10 Nachos Grande Seasoned Ground Beef w/ Lettuce, tomatoes, salsa, shredded Cheddar cheese and sour cream, piled on top of Crispy Nacho Chips, Green Beans, Mexican Rice, Black Beans, Fresh or Canned Fruit, Fat Free or 1% Milk	Thursday, Jan 11 Homemade Macaroni & Cheese, Fresh Steamed Broccoli, Dinner Roll, Fresh or Canned Fruit, Fat Free or 1% Milk	Friday, Jan 12 Pizza Day Mixed Greens & Kale Salad with Fresh Tomatoes & Cucumbers, Oven Roasted Chick Peas Fresh or Canned Fruit, Fat Free or 1% Milk
Monday, Jan 15 Martin Luther King Day 	Tuesday, Jan 16 Hot Dog or hamburger on a whole wheat bun, with Lettuce, tomato & Pickles. Home style Baked Beans , Fresh or Canned Fruit, Fat Free or 1% Milk	Wednesday, Jan 17 Homed Chicken Alfredo or Cheesy Alfredo with a Twist, Glazed Carrots Fresh or Canned Fruit, Fat Free or 1% milk Early Release Day	Thursday, Jan 18 Meatball Sub on a Whole Grain Roll with Homemade Spaghetti Sauce & Freshly Grated Mozzarella Cheese on top of a toasted roll, Oven Baked Sweet Potato Fries, Fresh or Canned Fruit, Fat Free or 1% Milk	Friday, Jan 19 Pizza Day Individual Pizza, Cheese or Pepperoni, Spinach Romaine Salad, Italian Herb Roasted Chickpeas, Fresh or Canned Fruit, Fat Free or 1% Milk
Monday, Jan 22 Chicken Quesadilla, Season Chicken & Cheese on a wheat tortilla wrap, Sautéed Onions, & Peppers, salsa, sour cream, Fresh or Canned Fruit, Fat Free or 1% Milk	Tuesday, Jan 23 Hot Turkey Sandwich with freshly roasted white meat turkey, Homemade gravy, Honey glazed carrots, Canned or Fresh Fruit, Fat Free or 1% Milk	Wednesday, Jan 24 Nachos Grande Seasoned Ground Beef w/ Lettuce, tomatoes, salsa, shredded Cheddar cheese and sour cream, piled on top of Crispy Nacho Chips, Green Beans, Mexican Rice, Black Beans, Fresh or Canned Fruit, Fat Free or 1% Milk	Thursday, Jan 25 Homemade Pasta with Marinara Sauce or Homemade Meat Sauce, Fresh Baked Bread Stick, Garlic Broccoli, Fresh or Canned Fruit, 1% or Fat Free Milk	Friday, Jan 26 Pizza Day Mixed Greens & Kale Salad with Fresh Tomatoes & Cucumbers Oven Roasted Chick Peas Fresh or Canned Fruit, Fat Free or 1% Milk
Monday, Jan 29 Chicken Nuggets with Sauce for dipping , Mashed Potatoes, Sweet Corn, Dinner Roll, Fresh Fruit, 1% or Fat Free Milk	Tuesday, Jan 30 Taco Tuesday Seasoned Ground Beef with Lettuce, Tomato, Cheese on Crispy Taco Chips, Green Beans, Mexican Rice, Black Bean Salsa, Fresh or Canned Fruit, Fat Free or 1% Milk	Wednesday, Jan 31 Ham & Cheese Bagel, Fresh Sliced Ham and Mozzarella Cheese Piled on top of a Whole Grain Bagel, Sweet Potato Fries, Fresh or Canned Fruit, Fat Free or 1% Milk	Thursday Feb 1 	Friday, Feb 2 Happy Groundhog Day!

The Middleburgh Central School District & USDA provide equal program & employment opportunities.

There us a 5 meal limit for charging, as outlined in the District Meal Charge Policy