

Middleburgh Central School District Elementary 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.

Monday, January 1	Tuesday, January 2	Wednesday, Jan 3	Thursday, Jan. 4	Friday, January 5
	Popcorn Chicken with Sauce for Dipping, Seasoned Brown Rice, Honey Glazed Carrots Fresh or Canned Fruit Fat Free or 1% Milk	Spaghetti with Homemade Marinara Sauce or Homemade Meat Sauce, Fresh Baked Bread Stick, Garlic Broccoli Fresh or Canned Fruit, 1% or Fat Free Milk	Build Your Own Burger with Fresh Chopped lettuce & Tomato, Sliced Cheese, Pickles & Sliced onion. French Fries, Fresh or Canned Fruit, Fat Free or 1% Milk	Italian Dunker Day Mixed Green Salad with Kale and Fresh Veggies. Oven Roasted Chick Peas Fresh or Canned Fruit Fat Free or 1% Milk

Monday, Jan. 8	Tuesday, Jan 9	Wednesday, Jan 10	Thursday, Jan 11	Friday, Jan 12
Sloppy Joe Sliders topped with Shredded Cheddar Cheese. Oven Baked French Fries Fresh or Canned Fruit Fat Free or 1% Milk	Pineapple Chicken, white meat chicken marinated in pineapple sweet & sour sauce, over Seasoned Brown Rice with Whole Green Beans, Fresh or Canned Fruit, Fat Free or 1% Milk	Nachos Grande Seasoned Ground beef w/ Lettuce, tomato, salsa and crispy taco chips. Mexican Rice, Black Bean Salad Fresh or Canned fruit, fat Free or 1% Milk	Homemade Macaroni & Cheese, Steamed Fresh Broccoli, Dinner Roll, Fresh or Canned Fruit, Fat Free or 1% Milk	Pizza Day Mixed Green & Kale Salad, Oven Roasted Chick Peas, Fresh or Canned Fruit Fat Free or 1% Milk

Monday, Jan. 15	Tuesday, Jan 16	Wednesday, Jan 17	Thursday, 18	Friday, Jan 19
	Hot Dog or Hamburger on a Whole Wheat Roll with Lettuce Tomato, & Pickles, Home style Baked Beans Fresh or Canned Fruit, Fat Free or 1% Milk	Homemade Chicken Alfredo or Cheesy Alfredo with a Twist. Glazed Carrots, Applesauce, or Fresh Fruit, fat Free or 1% Milk Early Release Day	Meatball Subs, Meatballs, sauce and Cheese on a toasted whole grain sub roll, Oven Baked French Fries Fresh or canned Fruit, Fat Free or 1% Milk	Pizza Day Mixed Green & Kale Salad, Oven Roasted Chick Peas, Fresh or Canned Fruit Fat Free or 1% Milk

Monday, Jan 22	Tuesday, Jan 23	Wednesday, Jan 24	Thursday, Jan 25	Friday, Jan 26
Chicken Quesadilla, Seasoned Chicken & Cheese on a Wheat Tortilla Wrap, Sautéed Onions & Peppers, Salsa, Sour Cream, Fresh or Canned Fruit, Fat Free or 1% Milk	Hot Turkey Sandwich with freshly roasted white meat turkey, Homemade gravy, Honey Glazed Carrots, Fresh or Canned Fruit, Fat Free or 1% Milk	Nachos Grande Seasoned Ground beef w/ Lettuce, tomato, Salsa and crispy taco chips. Green Beans, Mexican Rice, Fresh or Canned fruit, fat Free or 1% Milk	Homemade Baked Pasta Marinara Sauce or Homemade Meat Sauce baked with Pasta & Cheese, Fresh Baked Bread Stick, Garlic Broccoli Fresh or Canned Fruit, 1% or Fat Free Milk	Pizza Day Mixed Green & Kale Salad, Oven Roasted Chick Peas, Fresh or Canned Fruit Fat Free or 1% Milk

Monday, Jan 29	Tuesday, Jan 30	Wednesday, Jan 31	Thursday, Feb 1	Friday, February 2
Chicken Nuggets Mashed Potatoes Sweet Corn Dinner Roll Fresh or Canned Fruit Fat Free or 1% Milk	Taco Tuesday Seasoned Ground beef w/ Lettuce, tomato, salsa and crispy taco chips. Or soft shell taco Green Beans, Mexican Rice, Black Bean Salad Fresh or Canned fruit, fat Free or 1% Milk	Ham & Cheese Bagel Sweet Potato Fries Fresh or Canned Fruit Fat Free or 1% Milk		Happy Groundhog Day! 

Available Daily

Alternate Sandwich of the Day

- Monday— turkey sandwich
- Tuesday— buffalo chicken
- Wednesday— ham & cheese
- Thursday— tuna salad
- Friday— chicken salad wrap

Available Everyday

- PBJ, Mozzarella Sticks,
- Yogurt & Granola

