

Daily Entree Options;

- Grilled Cheese
- Sun Butter & Jelly on WG Bread
- M,W,F- Egg Salad or Deli Sandwich
- T, Th- Protein Meal Pack
- *Entree Salads Available Upon Request
- *please have student place order with cafeteria one day in advance or at breakfast

MENU

MCSES PK-5 LUNCH

This month's local Eggs
are from Newburg Egg
(the omelet is made by
Kay Foods in Albany NY)

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		No School 1 New Years Day	Chicken Nuggets 2 Mashed Potatoes Steamed Peas & Carrots Cocoa Brownie Bar	Cheese Pizza 3 Mixed Veggies Blue Raspberry Applesauce Cup
Rotini with Meat Sauce 6 Garlic Breadstick Seasoned Green Beans Baby Carrots	Chicken & Waffles 7 Emoji French Fries 100% Grape Juice Syrup Cup	Ultimate Nachos 8 (taco meat, cheese, black beans) Salsa & Sour Cream Yellow Corn Rainbow Pepper Sticks	Arroz con Pollo 9 (cheesy chicken & rice) Steamed Broccoli Cucumbers & Tomatoes Hummus Dip	Cheese Pizza Calzones 10 Mixed Veggies Vanilla Emoji Grahams
Mozzarella Twists 13 w/Marinara Corn Goldfish Cracker Fresh Cucumber Coins	Pizza Crunchers 14 with Marinara Sauce Breaded Broccoli Bites Fresh Veggie w/Hummus Mini Rice Crispy Treat	BBQ Meatloaf 15 Mashed Potatoes Corn Muffin Warm Cinnamon Pears <i>New Recipe</i>	Soft Tacos 16 (beef, cheese, lettuce) Salsa & Sour Cream Tortilla Chips w/Bean Dip Yellow Corn	Cheese Pizza 17 Mixed Veggies Applesauce Cup Snowy Day Homemade S'more
No School 20 MLK Jr Day	Chicken Nuggets 21 Warm Garlic Knot Emoji French Fries Seasoned Green Beans Fresh Veggie w/Hummus	Sunrise Waffle Sandwich 22 made with NY Omelet Sausage Home Fries Orange Juice Harvest of the Month	Spaghetti & Meatballs 23 Garlic Texas Toast Steamed Peas & Carrots Fresh Grape Tomatoes	Mini Pizza Bagels 24 Mixed Veggies Cinnamon Scooby Doo Grahams
Wild Mike's Cheesy 27 Bites w/Marinara Sauce Breaded Broccoli Bites Fresh Veggie w/Hummus Choc Chip Cookie	Lunar New Year Celebration 28 Sesame Chicken Fried Rice & Dumplings Steamed Broccoli Baby Carrots	No School 29 Lunar New Year	Cheeseburger 30 French Fries Rainbow Pepper Sticks Winter Berry Fruit Salad	Cheese Pizza 31 Mixed Veggies Mango Peach Applesauce Cup

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change. Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or chocolate milk from a NY State Farm.

In collaboration with
CAPITAL REGION
BOCES
SHARED FOOD SERVICE PROGRAM



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