

MIDDLE SCHOOL MENU		JANUARY 2018		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Available Daily: Assorted Wraps, Sandwiches and Salads	2 Fresh Pizza Cheese OR Pepperoni Garden Romaine Salad Glazed Carrots Applesauce OR Pears	3 Raider Bowl w/ Popcorn Chicken, Corn, Mashed Potatoes, Gravy Dinner Roll Mixed Fruit OR Peaches	4 Cheese Filled Breadstick w/ Tomato Sauce Garlic Pasta Green Beans NYS Apple OR Orange Slices	5 Chicken Patty on a WW Bun Oven Baked Swwet Potato Fries Steamed Peas Assorted Fruit
8 Mild OR Wild Chicken Nuggets Mashed Potatoes Corn Niblets Applesauce OR Mandarin Oranges	9 Fresh Pizza Cheese OR Buffalo Chicken Spinach Salad Carrots Pears OR Peaches	10 Hamburger on a WW Bun Lettuce, Tomato, Onion Oven Baked Fries BBQ Baked Beans Mixed Fruit OR NYS Apple	11 Nacho Grande w/ Meat, Cheese, Lettuce Sour Cream, Salsa, Corn, Black Beans, Rice Strawberry Cup	12 Lasagna w/ Marinara Sauce Steamed Broccoli Garden Salad Garlic Breadstick Assorted Fruit
15 DR. MARTIN LUTHER KING DAY OBSERVED NO SCHOOL	16 Fresh Pizza Cheese OR Pepperoni Garden Romaine Salad Mixed Vegetables Peaches OR Mixed Fruit	17 "Brunch for Lunch" Pancakes w/ Syrup Turkey Sausage Hashbrown Patty, Carrots Applesauce / Orange Wedge	18 Cherry Blossom Chicken Fluffy Rice Steamed Peas Pineapple OR Pears Fortune Cookie	19 Chicken Patty on a Bun Oven Baked Fries Golden Corn Dinner Roll NYS Apple OR Craisins
22 Mozzarella Sticks w/ Marinara Sauce Garlic Pasta Steamed Broccoli Pears OR Mixed Fruit	23 Fresh Pizza Cheese OR BBQ Chicken Spinach Salad Green Beans Orange Wedge OR Peaches	24 Soft Tacos w/ Meat Cheese, Tomato, Salsa Sour Cream, Mexican Rice Refried Beans, Corn Pineapple OR Applesauce	25 Baked Macaroni and Cheese Carrot Coins Sweet Peas WW Dinner Roll NYS Apple OR Mixed Fruit	26 Tomato Soup W/ Crackers Toasted Cheese Sandwich Fresh Vegetables w/ Dip Assorted Fruit
29 Chicken Quesadilla Sour Cream and Salsa Mexican Rice Corn OR Green Beans Peaches OR Mandarin Oranges	30 Fresh Pizza Cheese OR Pepperoni Garden Romaine Salad Glazed Carrots NYS Apple OR Pears	31 Chicken Nuggets w/ Sauce Oven Baked Fries Green Beans Mixed Fruit	Full Breakfast \$1.75 Full Lunch \$2.90 1% White, FF Chocolate FF Strawberry, Skim	Make Online Payments and View Menus at: www.southcolonieschools.org

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*Menu subject to change without notice