



MENU

Harvest of the
Month
NY EGG
January 14th



JANUARY

9-12 LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME BACK!!!				
			No School Holiday Break 1	No School Holiday Break 2
Rotini with Meat Sauce 5 Garlic Breadstick Roasted Broccoli Warm Cinnamon Apples	Baked Potato Bar 6 (pulled chicken, queso & bacon) Garlic Knot Seasoned Green Beans Salsa & Sour Cream	Beef Gyro 7 French Fries Greek Vegetable Salad Fresh Assorted Veggies	Ultimate Nachos 8 Salsa & Sour Cream Guacamole, Olives, Jalapenos Cowboy Caviar Mango Peach Applesauce	Pizza Slice 9 (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad
Bistro Cheeseburger 12 (plain, cheese or bacon) NY Breaded Onion Rings Crunchy Coleslaw Fresh Veggie w/Hummus	Cheesy Empanada 13 Crispy Tater Tot Roasted Mixed Vegetables Cinnamon Churro	Breakfast for Lunch 14 Pastrami Hash Egg & Cheese Bagel Grape Tomatoes NYS Apple Juice & Yogurt	Macaroni & Cheese Bar 15 W/ Kielbasa Bites Garlic Bread & Broccoli Rainbow Pepper Sticks	Pizza Slice 16 (Cheese or Pepperoni) Steamed Mixed Veggie Caesar Side Salad
No School 19 MLK Jr Day	Crispy Chicken Tenders 20 with assorted dipping sauces Pesto Parmesan Rotini Seasoned Green Beans Baby Carrots	BYO Burrito Bowl w/ 21 Cilantro Lime Rice Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn	Teriyaki Chicken 22 Fried Rice & Veg Egg Roll Stir Fry Vegetables Steamed Broccoli Fortune Cookie	French Bread Pizza 23 (Cheese or Pepperoni) Steamed Mixed Veggie Garden Side Salad
Crispy Chicken Sandwich 26 Seasoned Waffle Fries Tomato & Cucumber Salad Baby Carrots w/ Hummus	Tortellini Alfredo 27 w/ Meatballs Roasted Broccoli Grape Tomatoes Chocolate Chip Cookie	Chicken Tinga 28 Quesadilla Salsa & Sour Cream Guacamole, Olives, Jalapenos Rainbow Pepper Sticks Mango Peach Applesauce	BBQ Pork Bowl 29 Pineapple Corn Rice Veggie Pinto Beans Cucumber Slices Fruit Salad	Pizza Slice 30 (Cheese or Pepperoni) Steamed Mixed Veggie Caesar Side Salad

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.

linqconnect.com

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

Alternates Include: Chef Salads, Parfaits and PBJ

This institution is an equal opportunity employer.
MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

In collaboration with
CAPITAL REGION
BOCES
SHARED FOOD SERVICE PROGRAM

