
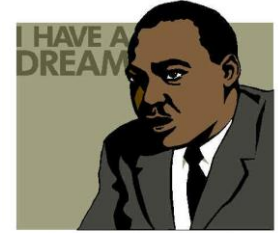


JANUARY

2018

SOUTH SENECA MIDDLE/HIGH

BREAKFAST & LUNCH MENU

<p>Breakfast and Lunch Free for all students Pre-K - 12th Grade</p> <p>All meals require at least one fruit or vegetable choice</p>	<p><u>Breakfast menu:</u></p> <p>Monday: pizza bagel Tuesday: french toast sticks Wednesday: egg McFalcon Thursday: pizza bagel Friday: breakfast on a stick</p>	<p><u>Garden Vegetable Bar</u></p> <p>Tomatoes, onions, pickles, broccoli, green peppers, red peppers, celery, baby carrots, spinach, garbanzo beans, banana peppers, black olives, pickled beets.</p>	<p><u>Daily choices:</u></p> <ul style="list-style-type: none"> Cheese pizza Chicken patty on roll Yogurt meal combo Sandwich, wrap or sub made to order Chef Salad <p>TACO THURSDAY'S</p>	<p><u>All meals include</u></p> <p>New York State produced Low fat or fat free milk</p> <p>100% fruit juice Fresh fruit Fruit cup</p> <p>Garden vegetable bar</p>
<p>1</p> 	<p>2</p> <p>Baked macaroni and cheese Garlic bread Carrots</p>	<p>3</p> <p>Chicken nuggets Mashed potatoes and gravy Broccoli Dinner roll</p>	<p>4</p> <p>Taco in a bag Brown rice Refried beans Corn Salsa Sour cream</p>	<p>5</p> <p>Pepperoni pizza Or fish on bun Tossed Salad Green beans</p>
<p>8</p> <p>Deluxe cheeseburger on Whole grain roll Baked curly fries Spinach</p>	<p>9</p> <p>Penne with meatballs Garlic bread Green beans</p>	<p>10 Early Dismissal</p> <p>Grilled cheese sandwich Tomato soup Crackers Baby carrots</p>	<p>11</p> <p>Tacos with toppings Hard or soft shell Brown rice Refried beans Corn Salsa Sour cream</p>	<p>12</p> <p>Cheese calzone Dipping sauce Tossed Salad Cauliflower</p>
<p>15 NO SCHOOL</p>  <p>Martin Luther King, Jr.</p>	<p>16</p> <p>BBQ Rib on roll Baked French fries Green beans</p>	<p>17</p> <p>Baked chicken Mashed potatoes and gravy Carrots Dinner Roll</p>	<p>18</p> <p>Taco in a bag Brown rice Refried beans Corn Salsa Sour cream</p>	<p>19</p> <p>Garlic pizza Or fish on bun Tossed salad Broccoli</p>
<p>22</p> <p>Beef hot dog on roll Or corndog Baked diced potatoes Corn</p>	<p>23</p> <p>Baked macaroni and cheese Stuffed breadstick Spinach</p>	<p>24</p> <p>French toast sticks Breakfast sausage Hash brown patty Cinnamon apples</p>	<p>25</p> <p>Tacos with toppings Hard or soft shell Brown rice Refried beans Corn Salsa Sour cream</p>	<p>26</p> <p>Chicken wing pizza Or fish on bun Tossed salad Carrots</p>
<p>29</p> <p>Buffalo chicken patty on roll Potato rounds Broccoli</p>	<p>30</p> <p>Spaghetti with meat sauce Garlic bread Green beans</p>	<p>31</p> <p>Popcorn chicken Mashed potatoes and gravy Corn Dinner roll</p>		

South Seneca is an equal

opportunity

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