

JANUARY 2023 Schalmont Middle School & Jefferson Elementary



Assorted NYS Milk & Fresh & Canned Fruit Served Daily



Available Daily- Tuna, Cheese or Turkey, Ham w/or without Cheese on Wg Bread
 Chef or Tossed Salad w/Wg Dinner Roll & Croutons
 Grab n go Bags w/Uncrustable or Trix Yogurt Cup
 w/Cheese Stick ,Cheez its, and or Wg Dinner Roll

MONDAY

Happy New Year! **2**
No School

TUESDAY

Chicken Tenders **3**
 with Dipping Sauce
 Whole Grain Cheez Its
 Cheesy Broccoli
 Fresh Carrots w/LF Ranch Dip

WEDNESDAY

Homemade Pizza **4**
 Fresh Cucumber Salad
 w/LF Italian Dressing

THURSDAY

Hot Dog on **5**
 Whole Grain Roll
 BBQ Beans
 Fresh Cuke's w/LF Ranch Dip

FRIDAY

Chicken & Cheese **6**
 Quesadilla
 Mex Corn
 Fresh Mixed Veggies
 w/Ranch Dip

Chicken Nuggets **9**
 with Dipping Sauce
 Whole Grain Dinner Roll
 Green Beans
 Fresh Carrots w/LF Ranch Dip

Taco Salad **10**
 Lettuce, Cheese, Salsa &
 Sour Cream
 Corn & Black Bean Salad
 Fresh Celery w/LF Ranch Dip

Big Daddy Pizza **11**
 Tossed Salad w/LF Dressing
 & Tomato Wedges

Mac & Cheese **12**
 Corn Bread or
 Whole Grain Dinner Roll
 Steamed Broccoli
 Fresh Cuke's w/LF Ranch Dip

Chicken Patty on **13**
 Whole Grain Roll
 French Fries
 Fresh Mixed Veggies
 w/LF Ranch Dip

16
Martin Luther King Jr. Day
No School

Chicken Tenders **17**
 with Dipping Sauce
 Whole Grain Cheez Its
 Corn
 Fresh Celery w/LF Ranch Dip

Stuffed Crust Pizza **18**
 Fresh Cucumber Salad
 w/ LF Italian Dressing

BBQ Pulled Pork **19**
 on Whole Grain Roll
 Green Beans
 Fresh Cuke's w/LF Ranch Dip

French Toast Sticks **20**
 with Syrup Cup & Sausage Patty
 Tater Tots
 Fresh Mixed Veggies
 w/LF Ranch Dip

Chicken Nuggets **23**
 with Dipping Sauce
 Whole Grain Dinner Roll
 Mixed Veggies
 Fresh Carrots w/LF Ranch Dip

Cheeseburger or **24**
 Hamburger on Whole
 Grain Roll
 Spiral Fries
 Fresh Celery w/LF Ranch Dip

Homemade Cheese Pizza **25**
 Tossed Salad w/ LF Dressing
 & Tomato Wedges

Mozzarella Sticks w/ **26**
 Marinara Dipping Sauce
 Cinnamon Glaze Carrots
 Fresh Cukes W/LF Ranch Dip

Burrito Bowl **27**
 Taco Meat, Rice, Cheese,
 Sour Cream, Salsa & Lettuce
 Black Beans
 Fresh Mixed Veggies w/LF Ranch Dip

Chicken Tenders **30**
 with Dipping Sauce
 Whole Grain Cheez Its
 Green Beans
 Fresh Carrots w/LF Ranch Dip

Crispy Fish Sticks **31**
 w/Tartar Sauce
 French Fries
 Fresh Celery w/LF Ranch Dip

