

FEBRUARY 2023

Schalmont High School

LUNCH



Assorted NYS Milk & Fresh Fruits and Veggies served daily.

Join Us For Breakfast!



Available Daily - Sabre Wrap Bar, Cheeseburger, Hamburger & Chicken Patty on Whole Grain Rolls & Cheese Pizza

MONDAY

Menu Subject to Change

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

French Bread **1**
Pizza

Tossed Salad w/LF Dressing
Tomato Wedges w/LF Ranch Dip

Soft & Hard Taco **2**
Salsa, Cheese & Sour Cream Cup
Fresh Lettuce
3 Bean Salad
Fresh Cuke Coins w/LF Ranch Dip

NEW! WILD MIKE'S 3
Cheese Bites Breadsticks
with Dipping Sauce
Italian Broccoli
Fresh Mixed Veggies w/LF Dip

Chicken Nuggets **6**
with Dipping Sauce
Whole Grain Dinner Roll
Green Beans
Fresh Carrots w/ LF Ranch Dip

General Tso Chicken **7**
Brown Rice
Steamed Broccoli
Fresh Pepper w/LF Ranch Dip

Big Daddy's Pizza **8**
Tossed Salad w/LF Dressing
Tomato Wedges w/LF Ranch Dip

BBQ Rib **9**
on Whole Grain Roll
Corn
Fresh Cuke Coins w/LF Ranch Dip

Meatball Sub **10**
on Whole Grain Roll
Smile Fries
Fresh Mixed Veggies w/LF Dip

Chicken Tenders **13**
with Dipping Sauce
Whole Grain Cheez Its
Cheesy Broccoli
Fresh Carrots w/ LF Ranch Dip

French Toast Sticks **14**
Tarter Tots
Syrup Cup & Sausage Patty
Fresh Broccoli w/LF Dip
Valentine's Day

Homemade **15**
Cheese Pizza
Tossed Salad w/ LF Dressing
Tomato Wedges w/ LF Ranch Dip

Pizza Cruncher **16**
with Marinara Sauce
Green Beans
Fresh Cuke Coins w/LF Ranch Dip

Toasted Ham & Chees **17**
Sandwich
Corn
Fresh Mixed Veggies w/LF Dip

Winter Recess 20
No School

Winter Recess 21
No School

Winter Recess 22
No School

Winter Recess 23
No School

Winter Recess 24
No School

Chicken Nuggets **27**
with Dipping Sauce
with Whole Grain Dinner Roll
BBQ Beans
Fresh Carrots w/ Lf Ranch Dip

Crispy Fish Tacos **28**
Topped with Spicy Mayo
Fresh Cole Slaw
Fresh Shredded Lettuce & Cheese
Fresh Pepper w/LF Dip

