

FEBRUARY 2023 Schalmont Middle School & Jefferson Elementary

LUNCH



**Assorted NYS Milk
Fresh & Canned Fruit
Served Daily**



Available Daily - Tuna, Cheese or Turkey, Ham w/or without cheese on Whole Grain Bread Chef or Tossed Salad w/LF Dressing, Whole Grain Dinner Roll & Croutons
Grab 'n go Bags w/ Uncrustable or Trix Yogurt Cup
with String Cheese Stick, Cheez Its & or Whole Grain Dinner Roll

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 Shredded Lettuce
3 Bean Salad
Fresh Cuke Coins w/LF Ranch Dip

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

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

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

Homemade **8**
Cheese Pizza
Tossed Salad w/LF Dressing
Tomato Wedges w/LF Ranch Dip

Cheese Burger on **9**
Whole Grain Roll
Oven Fries
Fresh Cuke Coins w/LF Ranch Dip

Chicken Patty on **10**
Whole Grain Roll
Carrots
Fresh Mixed Veggies w/ LF Dip

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

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

Asst. Cheese **15**
Pizza Day
Tossed Salad w/LF Dressing
Tomato Wedges w/LF Dressing

Mozzarella Sticks **16**
with Marinara Dipping Sauce
Italian Green Beans
Fresh Cuke Coins w/LF Ranch Dip

Toasted Ham & **17**
Cheese Sandwich
Mixed Veggies
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

Presidents' Day

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

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

