



# JANUARY 2026

## Schalmont High School

NYS MILK  
Fresh & Canned Fruit Serve Daily  
Menu Subject to change  
This institution is an equal opportunity

Monday

Tuesday

Wednesday

Thursday

Friday

5  
Chicken Nuggets  
Whole Grain Cheez its  
BBQ Sauce  
Seasoned Green Peas  
Fresh Carrots w/ Lite Ranch Dressing

6  
Hot Dog on Whole Grain Roll  
Meat Sauce & Cheese Sauce  
Baked Chips  
Mac Salad  
Fresh Celery w/ Lite Ranch Dressing

7  
Personal Pan Pizza  
Tossed Salad w/Lite Italian Dressing  
Tomato Slice w/ Lt. Ranch Dressing

8  
Grilled Chicken Sandwich  
Shredded Lettuce & Sliced Tomato  
Pickle Chips  
Corn  
Cucumber Coins w/ Lite Ranch Dressing

9  
French Fry Boat  
Topped w/ Meat & Cheese Sauce  
Fresh Celery w/ Lite Ranch Dressing

12  
Chicken Popcorn  
Whole Grain Dinner Roll  
BBQ Sauce  
Buttery Corn  
Fresh Carrots w/ Lite Ranch Dressing

13  
Taste of Italy!  
Baked Cheese Lasagna  
w/ WG Baked Garlic Knot  
Italian Green Beans  
Cucumber Salad w/ Lite Italian Dressing

14  
Asst. Homemade Cheese Pizza  
Tossed Salad w/Lite Italian Dressing  
Tomato Slice w/ Lt. Ranch Dressing

15  
French Toast Sticks  
Crispy Potato Tots  
Syrup Cup  
Sausage Patty  
Fresh Celery w/ Lite Ranch Dressing

16  
Baked Roast Chicken  
Mashed Potato w/ Gravy  
WG Corn Bread  
Fresh Celery w/ Lite Ranch Dressing

19  
**No School**  
**Martin Luther**  
**King Jr. Day**

20  
High School  
Mid-Term & Regents Exams  
Breakfast & Lunch, a la carte Served

21  
High School  
Mid-Term & Regents Exams  
Breakfast & Lunch, a la carte Served

22  
High School  
Mid-Term & Regents Exams  
Breakfast & Lunch, a la carte Served

23  
High School  
Mid-Term & Regents Exams  
Breakfast & Lunch, a la carte Served

26  
Chicken Nuggets  
Whole Grain Pretzels  
BBQ Sauce  
Seasoned Green Beans  
Fresh Carrots w/ Lite Ranch Dressing

27  
BBQ Rib on WG Roll  
or BBQ Pulled Pork  
w/ Side of Mac & Cheese  
Corn  
Fresh Celery w/ Lite Ranch Dressing

28  
Stuffed Crust Pizza  
Tossed Salad w/Lite Italian Dressing  
Tomato Slice w/ Lt. Ranch Dressing

29  
Warm Toasted Cheese Sandwich  
Tomato Soup w/Wheat Crackers  
Cucumber Coins w/ Lite Ranch Dressing

30  
Sabre Fish Sandwich  
Fresh Coleslaw  
Homemade Tartar Sauce  
Mixed Veggies w/ Lite Ranch Dressing  
or Mixed Veggies w/ Hummus Cup

Available Daily - Sabre Wrap Bar, Cheeseburger & Rich Chicks Chicken Patty on Whole Grain Roll, Asst. Big Daddy's Cheese Pizza & WG Bagels w/ Cream Cheese, Asst. Yogurt Cup,  
Grab 'n Go Bags w/ Uncrustable w/Cheez-Its and/or Whole Grain Dinner Roll & String Cheese Stick, Chef w/LF Dressing & Whole Grain Roll & Homemade Croutons or GF Tossed Salad, GF Wrap or GF Bread  
All Students can receive one (FREE) Breakfast & Lunch Daily!