



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
Baked Beans
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/ Whole Grain Baked Garlic Knot
or Italian Green Beans
Cucumber Salad w/ Lite Italian Dressing

14
French Bread 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
Taco Salad
Fresh Shredded Lettuce
Cheese, Sour Cream Cup, Salsa Cup,
Refried Beans
Fresh Celery w/ Lite Ranch Dressing

19
No School
Martin Luther
King Jr. Day

20
Chicken Tenders
Whole Grain Pretzels
BBQ Sauce
Seasoned Green Peas
Fresh Carrots w/ Lite Ranch Dressing

21
Asst. Homemade Cheese Pizza
Tossed Salad w/Lite Italian Dressing
Tomato Slice w/ Lt. Ranch Dressing

22
General Tso Chicken
Brown Rice & Steam Broccoli
Celery Sticks w/ Lite Ranch Dressing

23
Baked Roast Chicken
Mashed Potato w/ Gravy
Whole Grain Corn Bread
Fresh Celery w/ Lite Ranch Dressing

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

27
BBQ Pulled Pork
w/ Side On 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!