



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK &amp; WHOLE WHEAT BREAD SERVED WITH EACH MEAL</b> <b>Full Breakfast: \$1.15</b> <b>Full Lunch: \$1.90</b> <b>1%, Milk, 1% Chocolate,</b>	<b>"Munchables"</b> <u>Available Daily:</u> Ham & Cheese/Saltines/Raisins Yogurt/Cheese/Graham Crackers/ Raisins/Carrots Peanut Butter & Jelly/Hot Dog Roll	1 RF Baked WG Macaroni & Cheese LS Green Beans WW Dinner Roll Peaches	2 Mozzarella Sticks w/ dipping sauce Fresh Baby Carrots WW Dinner Roll Asst. Fresh Fruit	3 Chicken Patty on a WW bun w/ Lettuce & Tomato LS Corn Peaches
6 Hot Ham & Cheese on a Bagel Baby Carrots Buttered Pasta Fruit Cocktail	7 Fresh Pizza w/ Cheese Mixed Garden Salad Peaches	8 Chicken Tenders LS Peas Mashed Potatoes Asst. Fresh Fruit	9 Cheeseburger on a WW bun w/ Lettuce & Tomato LS Corn WG Pasta Salad w/ Veggies Applesauce	10 RF WG <u>Bosco's</u> Cheesy Breadstick w/ Marinara Dipping Sauce LS Green Beans Peaches
13 Nachos w/ Beef Taco Meat Meat and /or Cheese Sauce LS Corn Salsa/Mexican Rice Fresh NYS Apple	14 <b>VALENTINE'S DAY</b> Fresh Pizza w/ Cheese Mixed Garden Salad Applesauce 	15 Orange (Asian) Chicken Broccoli Rice Pineapple Tidbits Fortune Cookie	16 RF/LS Meatball Sub on a WW Bun w/ Mozzarella Mixed Garden Salad Pears RF Cookie	17 Hot Dog on a WW bun Mixed Vegetables Pretzel Twists Fruit Cocktail
20 <b>WINTER RECESS NO SCHOOL</b>	21 <b>WINTER RECESS NO SCHOOL</b>	22 <b>WINTER RECESS NO SCHOOL</b>	23 <b>WINTER RECESS NO SCHOOL</b>	24 <b>WINTER RECESS NO SCHOOL</b>
27 Chicken Patty on a WW bun Broccoli & Cauliflower Medley Graham crackers Pineapple Tidbits	28 Fresh Pizza w/ Cheese Mixed Garden Salad Peaches	29 Tomato Soup w/ Crackers Grilled Cheese Sandwich on WW Bread Fresh Veggie Cup Mixed Fruit	Cold Sandwiches Available Daily: <b>Egg Salad, Tuna or Ham</b> 	Chef's Salads offered as an entrée Tuesday thru Friday 

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[www.southcolonieschools.org](http://www.southcolonieschools.org)

\*Menu subject to change without notice

FF-Fat Free, RF-Reduced Fat WW-Whole Wheat , WG-Whole Grain, LS-Low Sodium