



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK & WHOLE WHEAT BREAD SERVED WITH EACH MEAL Full Breakfast: \$1.15 Full Lunch: \$1.90 1%, Milk, 1% Chocolate,	"Munchables" <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 Sliced 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  VALENTINE'S DAY Fresh Pizza w/ Cheese Mixed Garden Salad Applesauce 	15 Orange (Asian) Chicken LS Green Beans Rice Pineapple Tidbits Fortune Cookie	16 RF/LS Meatball Sub on a WW Bun w/ Mozzarella Mixed Garden Salad Pears	17 Hot Dog on a WW bun Sliced Carrots Pretzel Twists Fruit Cocktail
20 WINTER RECESS NO SCHOOL	21 WINTER RECESS NO SCHOOL	22 WINTER RECESS NO SCHOOL	23 WINTER RECESS NO SCHOOL	24 WINTER RECESS NO SCHOOL
27 Chicken Patty on a WW bun LS Green Beans 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: Egg Salad, Tuna or Ham 	Chef's Salads offered as an entrée Tuesday thru Friday 

MAKE ONLINE PAYMENTS AND VIEW MENUS AT:

www.southcolonieschools.org

*Menu subject to change without notice

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