

# JANUARY 2024

## South Colonie Middle School

Free Meals for all students  
Milk for home lunch is \$0.75.  
1% white milk, Fat free white and chocolate milk  
served daily.

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**1**

Happy New Year!!!

**2**

No School

**3**

Assorted Muffins  
Chilled Fruit  
Assorted Fruit Juices  
Milk

**4**

Fruit & Yogurt Parfait  
Granola  
Chilled Fruit  
Milk

**5**

Cini – Mini  
Chilled Fruit  
Assorted Fruit Juices  
Milk

**8**

Assorted Muffins  
Chilled Fruit  
Assorted Fruit Juices  
Milk

**9**

French Toast Sticks  
Chilled Fruit  
Milk

**10**

Bagel & Cream Cheese  
Assorted Fruit Juices  
Milk

**11**

Fruit & Yogurt Parfait  
Granola  
Chilled Fruit  
Milk

**12**

Apple or Cherry Frudel  
Assorted Fruit Juices  
Milk

**15**

Martin Luther King Jr  
Day

**16**

Assorted Muffins  
Chilled Fruit  
Assorted Fruit Juices  
Milk

**17**

Bagel & Cream Cheese  
Assorted Fruit Juices  
Milk

**18**

Fruit & Yogurt Parfait  
Granola  
Chilled Fruit  
Milk

**19**

WG Donut  
Chilled Fruit  
Milk

**22**

Assorted Muffins  
Chilled Fruit  
Assorted Fruit Juices  
Milk

**23**

French Toast Bites  
Chilled Fruit  
Milk

**24**

Bagel & Cream Cheese  
Assorted Fruit Juices  
Milk

**25**

Fruit & Yogurt Parfait  
Granola  
Chilled Fruit  
Milk

**26**

Cini Mini  
Chilled Fruit  
Milk

**29**

Assorted Muffins  
Chilled Fruit  
Assorted Fruit Juices  
Milk

**30**

Mini Waffles & syrup  
Chilled Fruit  
Milk

**31**

Bagel & Cream Cheese  
Assorted Fruit Juices  
Milk

Assorted Cereal, Bagels & Cream Cheese, and Yogurt available daily.

MENU SUBJECT TO CHANGE WITHOUT NOTICE