



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

*Happy
New Year*

1

NO SCHOOL

2

Cheeseburger
on a WW bun
Oven Baked Fries
Baked Beans
Pears, Milk

3

French Toast w/ syrup
Turkey Sausage
Tater Tots
Sliced Carrots
Applesauce
Milk

4

Wild Mike Cheese Bites
w/ Tomato Dipping Sauce
Garlic Breadstick
Roasted Broccoli
Peaches, Milk

5

Chicken Patty on a WW Bun
Potato Smiles
Sliced Carrots
Fresh Apple
Milk

8

Uncle Rico's Fresh Pizza
Peas
Baby Carrots & Dip
Fresh orange wedges
Milk

9

Chicken Tenders
Baked Sweet Potato Fries
Green Beans
WW Dinner Roll
Applesauce
Milk

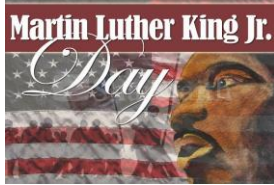
10

Turkey Hot Dog
on a WW Roll
Baked Beans
Corn Niblets
Peaches, Milk

11

Cheese Filled Breadstick
W/ Tomato Dipping Sauce
Garden Salad w/ dressing
Peas
Pears, Milk

12



15

Uncle Rico's Fresh Pizza
Green Beans
Sliced peppers & Dip
Fresh orange wedges
Milk

16

Popcorn Chicken
Mashed Potato & Gravy
Corn Niblets
WW Dinner Roll
Mixed Fruit, Milk

17

Mozzarella Sticks
w/ tomato Dipping Sauce
Roasted Broccoli
Garlic Breadstick
Apple Slices, Milk

18

Chicken Quesdilla Pizza
Salsa, Sour Cream
Corn, Black beans
Peaches
Milk

19

Hamburger on a WW Bun
Oven Baked Fries
BBQ Baked Beans
Pears
Milk

22

Uncle Rico's Fresh Pizza
Sliced Carrots
Fresh apple
Milk

23

French Toast w/ syrup
Turkey Sausage
Tater Tots
Baby Carrots & Dip
Applesauce, Milk

24

Tomato Soup
Toasted Cheese Sandwich
Mozzarella String Cheese
Sliced Cucumbers & Dip
Mixed Fruit, Milk

25

Pizza Crunchers
w/ Tomato Dipping Sauce
Broccoli
Apple Slices, Milk

26

Sweet & Sour Chicken
Stir Fried Rice
Broccoli
Applesauce
Milk

29

Uncle Rico's Fresh Pizza
Corn
Baby Carrots & Dip
Peaches
Milk

30

Crispy Fish Sticks
Macaroni & Cheese
Peas
Sliced Cucumbers & Dip
Fresh Apple, Milk

31

Assorted Wraps, Sandwiches, Garden Salad and Grab & Go Hummus Meal – Served w/ a fresh vegetable cup
MENU SUBJECT TO CHANGE WITHOUT NOTICE