Brockport Central School District e and High School Lunch Menu January 2

Meat/Meat Alternative Vegetable Grain Fruit Milk **NY State Product** Wednesday Thursday Monday Tuesday Friday NO SCHOOL TODAY! Pizza Crunchers with Chicken Smackers Broccoli Cheddar Soup with Cheeseburger With a Mini Pretzel Garlic Knots Sauce Hamburger Steamed Carrots Garlic Parm Broccoli Mashed Potatoes Potato Wedges Buffalo Cauliflower **Baked Beans** Steamed Green Beans Tossed Salad Cupped Fruit Chilled Juice **Cupped Fruit** Chilled Juice Assorted Fresh Fruit Assorted Fresh Fruit **Cupped Fruit** Cupped Fruit Assorted Milk Assorted Fresh Fruit Assorted Milk Assorted Fresh Fruit Assorted Milk B Assorted Milk 10 11 Chicken Patty on a WG Roll Pasta with Meat Sauce Toasted Cheese Sandwich Cheeseburger Or Pulled Pork Sandwich Hamburger Plain Sauce with a Breadstick Blue Devil Plate Buffalo Chicken Soup Tomato Soup Steamed Carrots Garlic Parm Broccoli Mashed Potatoes Steamed Green Beans Tater Tots Celery Sticks Sweet Peas Tossed Salad Chilled Juice Baked Beans Chilled Juice Cupped Fruit Chilled Juice Cupped Fruit Cupped Fruit Cupped Fruit Assorted Fresh Fruit Cupped Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Milk Assorted Fresh Fruit Assorted Milk Assorted Milk D Assorted Milk A Assorted Mil NO SCHOOL TODAY! 16 19 18 Meatball Sub with or Taco Bar with Spanish French Toast Sticks Macaroni & Cheese with a without Mozzarella Cheese With Sausage Patties Rice Mini Pretzel Chili Golden Sweet Corn Steamed Carrots Garlic Parm Broccoli Hashbrown Patties MARTIN LUTHER Taco Fiesta Black Beans Tossed Salad Cucumber Wheels Celery Sticks Chilled Juice KING JR. DAY Cupped Fruit Cupped Fruit Chilled Juice Assorted Fresh Fruit Cupped Fruit Cupped Fruit Assorted Fresh Fruit LHAVE A DREAM Assorted Milk Assorted Fresh Fruit Assorted Fresh Fruit Assorted Milk Assorted Milk Assorted Milk Orange Chicken 24 Italian Dunkers Buffalo Chicken Nachos Three Cheese Cavatappi with Breaded Chicken Drumstick With an Egg Roll My a Mini Pretzel with Veggie Rice Www.with Cornbread & Fortune Cookie Buffalo Cauliflower Garlic Parm Broccoli Mashed Potatoes Steamed Green Beans Golden Sweet Corn Tossed Salad Fresh Broccoli Baby Carrots Steamed Carrots Taco Fiesta Black Beans Chilled Juice Chilled Juice Chilled Juice Cupped Fruit Cupped Fruit Cupped Fruit Cupped Fruit Cupped Fruit Assorted Fresh Fruit Assorted Milk B Assorted Milk D Assorted Milk A Assorted Milk Assorted Milk 31 30 Pasta Mozzarella Sticks with Chicken Tenders B.Y.O. Rice Bowls Chicken Quesadilla with or without Sauce with a Mini Pretzel With Veggie Rice Italian Sausage Steamed Broccoli Sweet Peas Golden Sweet Corn French Fries Steamed Carrots Steamed Green Beans Celery Sticks Baby Carrots Taco Fiesta Black Beans Chilled Juice Sweet Peas Chilled Juice Chilled Juice Cupped Fruit Cupped Fruit Cupped Fruit Cupped Fruit Cupped Fruit Assorted Fresh Fruit Assorted Milk Assorted Milk Assorted Milk Assorted Milk Menu subject to change depending on product availability. This institution is an equal opportunity provider. **Tuesdays Thursdays**

Served Daily: Assorted Pizzas

Made to Order Deli Bar Buffalo Chicken Salad Plate Chicken Caesar Salad Plate Julienne Salad Plate Vegetable Salad Plate PBJ Yogurt Parfait

Choice of Milk:

1% White Milk Skim Milk

Low Fat Chocolate

Every Meal Includes:

2 Servings of Fruit and 1 Serving of Each Vegetable.

Every meal must include a 1/2 cup fruit or vegetable.

Meal Prices: Full Breakfast: Free at this time.

Reduced Breakfast: Free at this time.

Full Lunch: Free at this time. Milk: \$.70

Reduced Lunch: Free at this time.

> **Food Service Contact: Phone:** (585)637-1846

Email:

Foodservice@bcs1.org

If you have a food allergy, please notify us. Allergy information is available for prepared food items upon request.

Mondays Assorted Breakfast Breads Assorted Breakfast Sandwiches Cereal, Muffin, Poptart, or Yogurt Fresh Fruit, Juice or Cupped Fruit &

Assorted Cinnamon Rolls Assorted Breakfast Sandwiches Cereal, Muffin, Poptart, or Yogurt Fresh Fruit, Juice, or Cupped Fruit &

Wednesdays **Bagel with Condiment Assorted Breakfast Sandwiches** Cereal, Muffin, Poptart, or Yogurt Fresh Fruit, Juice, or Cupped Fruit & Milk

Breakfast Crunch Wrap **Assorted Overnight Oats** Cereal, Muffin, Poptart, or Yogurt Fresh Fruit, Juice, or Cupped Fruit & Milk

Fridays **Assorted Breakfast Bars Assorted Breakfast Sandwiches** Cereal, Muffin, Poptart, or Yogurt Fresh Fruit, Juice, or Cupped Fruit