

JANUARY 2023 SACKETS HARBOR CENTRAL SCHOOL

Menu Subject to Change

Monday

NO SCHOOL

NEW YEAR HOLIDAY

Wild Mike's Pizza Bites Marinara Sauce **Baked Beans** Fruit & Milk

> **MLK JR DAY** NO SCHOOL



Sweet & Sour Meatball **Bowl over Steamed Rice** Sautéed Onions & Peppers Fruit & Milk

Ham & Cheese Croissant **Baked Beans** Fruit Milk

Tuesday

Cherry Blossom Chicken Over Steamed Rice **Steamed Carrots** Fruit & Milk

Tangerine Chicken Over Steamed Rice Oven Roasted Broccoli Fruit & Milk

Chicken Caesar Salad Warm Garlic Breadstick Low Fat String Cheese Fruit & Milk Alternate Veg: Caesar Salad

Grilled Chicken Sandwich On WG Bun (Buffalo Sauce Optional) French Fries Fruit & Milk

Loaded Potato Bowl: Popcorn Chicken, Mashed Potatoes, Cheddar Cheese & Gravy) Steamed Corn & Biscuit Fruit & Milk

Wednesday

NATIONAL SPAGHETTI DAY Pasta with Meat Sauce Warm Garlic Breadstick **Green Beans** Fruit & Milk

Turkey Gobbler Bowl (Hot, roast turkey, stuffing, mashed potatoes, cranberry sauce and gravy in a bowl) Roasted Butternut Squash

Grilled Cheese Sandwich **Tomato Soup** French Fries Fruit & Milk

> Chicken & Biscuits Mashed Potatoes **Roasted Carrots** Fruit & Milk

Thursday

Patriot Sampler Platter: Mozz Sticks, Boneless Wings & Cheesy Breadstick Roasted Butternut Squash Fruit & Milk

> Chicken Quesadilla Salsa Steamed Corn Fruit & Milk

Cheesy Chicken Bake 19 (Buffalo Sauce Optional) Cheese Filled Breadstick Green Beans Fruit & Milk

Homemade Lasagna Warm Garlic Breadstick Romaine Garden Salad Fruit & Milk

Friday

Homemade Pizza Caesar Salad Fruit Milk

Homemade Pizza **Crunchy Baby Carrots** Fruit Milk

Homemade Pizza **Cucumber Slices & Cherry Tomatoes** Fruit & Milk

> Homemade Pizza Broccoli Salad Fruit

Monday Alternates: PBJ, Crackers & Cheese Stick Chicken Tenders & WG Roll

Tuesday Alternates: PBJ, Crackers & Cheese Stick Create Your Own Deli Wrap or Salad

Wednesday Alternates: PBJ. Crackers & Cheese Stick Create Your Own Deli Wrap or Salad

Thursday Alternates: PBJ. Crackers & Cheese Stick Breaded Chicken Sandwich on a WG Bun

Friday Alternates: PBJ. Crackers & Cheese Stick Fish Sticks & WG Dinner Roll