|  | BREAKFAST <br> Monday: Cereal (w), fruit, milk <br> Tuesday: Oatmeal Rounds (w, m, s, e), fruit, milk Wednesday: Cherry Frudel (w, m), fruit, milk Thursday: Breakfast Cereal Kit (w), milk Friday: Breakfast Bar (w, s, m), fruit, milk |  |  |  |  |
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| 2023-24 Meal Prices: <br> Breakfast <br> Free <br> Elementary Lunch Free |  |  | Wednesday | Januar <br> Thursday | $2024$ <br> Friday |
| $\begin{gathered} \frac{\text { Reduced Lunch }}{\text { Free }} \\ \text { \$5.42 (including tax) } \\ \text { All lunch Alternates and lunch } \\ \text { Alternates consist of Meat/Meat } \end{gathered}$ | $1$ <br> ottappes ovew greaz! | 2 <br> Mozzarella Sticks (w, m) <br> Tomato Sauce <br> Seasoned Green Beans Pears Milk Selection | 3 <br> Egg Omelet (e, m, s) Canadian style Bacon Sliced Bread (w, s) Hash Brown Potatoes (s) Applesauce Milk Selection | $\begin{gathered} 4 \\ \text { Oven Fried Drumstick (w) } \\ \text { Crazy Carrots } \\ \text { Mixed Fruit } \\ \text { Milk Selection } \end{gathered}$ | 5 Pizza (w, m) Broccoli Sliced Apples w/Cinnamon Milk Selection |
| Alternate, Vegetable, Fruit/Fruit Juice, Bread/Grain and Milk. <br> Fruit Parfait Yogurt and Fruit. Served with Toast Points. <br> Chef's Garden Salad Plate | 8 <br> Popcorn Chicken (m, s, w) <br> Dipping Sauce Crazy Carrots Mixed Fruit Milk Selection | 9 <br> Breaded Chicken on a Bun (e, m, s, w) Green Beans Peaches Milk Selection | $\begin{gathered} 10 \\ \text { Mozzarella Sticks (w, m) } \\ \text { Tomato Sauce } \\ \text { Crazy Corn } \\ \text { Apple Slices w/Cinnamon } \\ \text { Milk Selection } \end{gathered}$ | 11 <br> Tacos (s), Hard or Soft Shell <br> (w) with beef <br> Lettuce, Tomato, <br> Cheese Sauce (m, s), Rice Baked Beans Pears/Milk Selection | 12 Pizza (w, m) <br> Tossed Salad <br> Applesauce <br> Milk Selection |
| Chicken and Cheese. <br> Served with Toast Points. <br> Soup with Turkey \& Cheese Plate $1 / 2$ cup of soup du Jour, Turkey and American Cheese slices, lettuce, tomato and sliced bread. |  | 16 <br> Mozzarella Sticks (w, m) <br> Tomato Sauce Seasoned Carrots Mixed Fruit Milk Selection | 17 <br> Meat (s) Nachos Cheese (m), Rice Baked Beans Pears Milk Selection | 18 <br> Hamburger (s), WW Bun (w) Lettuce, Tomato and Pickle Baked French Fries (s) Peaches Milk Selection | 19 Pizza $(\mathrm{w}, \mathrm{m})$ Broccoli Sliced Apples w/Cinnamon Milk Selection |
| DID YOU KNOW? <br> You can find Nutritional and Allergy Information on our district website. <br> Earn While Your Children Learn! | 22 <br> Popcorn Chicken (m, s, w) <br> Dipping Sauce Crazy Carrots Diced Peaches Milk Selection | 23 <br> Cheese Crunchers (m, w) <br> Tomato Sauce Cucumber Slices Mixed Fruit Milk Selection | 24 <br> Breaded Chicken Patty on a Bun (e, m, s, w) Baked Beans Applesauce Milk Selection | 25 Chicken/Cheese Quesadilla $(\mathrm{m}, \mathrm{s}, \mathrm{w})$ Corn Sliced Apples Milk Selection | 26 <br> Pizza (w, m) Broccoli Pears Milk Selection |
| Food Service worker positions available in most buildings! Contact the lunch office to learn how to apply for employment: $631-687-6525$ <br> *Menu subject to change without notice* | 29 <br> Chicken Nuggets (w, s) <br> BBQ Dipping Sauce Baked Beans Pears <br> Milk Selection | Macaroni \& Cheese (m, e, w) <br> X-Ray Vision Carrots <br> Peaches <br> Milk Selection | 31 <br> Mozzarella Cheese Bites (w, m, s) <br> Tomato Sauce Green Beans Mixed Fruit Milk Selection |  | Allergan Key: $\begin{gathered} (\mathrm{e})=\text { egg } \\ (\mathrm{m})=\text { milk } \\ (\mathrm{s})=\text { soy } \\ (\mathrm{w})=\text { Wheat } \\ (\mathrm{p})=\text { pork } \end{gathered}$ |

