



# MENU

## PK-12 LUNCH

Harvest of the Month

NYS Sweet Potato

& Carrot

February 11th

FEBRUARY



<b>Crispy Chicken Patty</b> Sweet Potato Fries Yellow Corn Chocolate Chip Cookie	<b>Pineapple Teriyaki Chicken</b> Fried Rice & Dumplings Steamed Broccoli Baby Carrots & Hummus	<b>Potato &amp; Cheddar Pierogies</b> Kielbasa Bites Peas & Carrots Fresh Grape Tomatoes	<b>Rotini with Meat Sauce</b> Garlic Breadstick Seasoned Green Beans Cucumber Coins	<b>Cheese Pizza or Meatlovers Pizza</b> Steamed Mixed Veggie Fresh Veggie w/ Hummus Cinnamon Applesauce Cup
<b>Popcorn Chicken Bites</b> <b>Mozzarella Sticks</b> Marinara Sauce Crinkle Cut French Fries Fresh Veggie with Dip	<b>Tortellini Alfredo with Chicken</b> Garlic Bread Roasted Broccoli Rainbow Pepper Sticks	<b>Sunrise Waffle-wich (Grilled Cheese)</b> Sweet Potato Chili OR Chili Roasted Sweet Potato Fresh Veggie Cup	<b>Meatball Sub</b> Cheesy Garlic Mashed Potatoes Grape Tomatoes Mini Rice Krispy Treat	<b>Personal Cheese Pizza</b> Steamed Mixed Veggies Fresh Veggie w/ Hummus Blue Raspberry Applesauce
<b>No School</b> Winter Break	<b>No School</b> Winter Break	<b>No School</b> Winter Break	<b>No School</b> Winter Break	<b>No School</b> Winter Break
<b>Pizza Crunchers</b> Garlicy Green Beans <b>Yogurt Cup</b> Celery Sticks Cocoa Cherry Bar	<b>Chicken &amp; Cheese Quesadilla</b> Salsa & Sour Cream Tortilla Chips w/Bean Dip Yellow Corn	<b>French Toast Sticks</b> Turkey Sausage Links or Cheesy Egg Bite Potato Wedges <b>NYS Apple Juice &amp; Syrup</b>	<b>Macaroni &amp; Cheese</b> Garlic knot Roasted Broccoli Grape Tomatoes	<b>Cheese Pizza or Sausage</b> Steamed Mixed Veggie Fresh Veggie w/ Hummus Mango Peach Applesauce Cup

February is National Sweet Potato Month & NY Harvest of the Month. Learn more about

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.  
Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

In collaboration with  
**CAPITAL REGION BOCES**  
SHARED FOOD SERVICE PROGRAM





# MENU

## PK-12 BREAKFAST

FEBRUARY

Alternate meals provided daily:  
Cereal or Oatmeal

French Toast Sticks Syrup	2	Breakfast Bowl Bacon, eggs, cheese and potato	3	Breakfast Sandwich Bacon, egg & cheese on a biscuit	4	Pancakes Syrup	5	Danish Yogurt & Granola	6
Breakfast Sandwich Sausage, egg & cheese on a croissant	9	Pizza Bagels Scrambled eggs & cheese	10	Bagels Cream cheese, peanut butter and jelly	11	Muffin & Hardboiled egg	12	Cheesy Eggs & English muffin	13
No School Winter Break	16	No School Winter Break	17	No School Winter Break	18	No School Winter Break	19	No School Winter Break	20
Donut & Yogurt	21	Waffles Bacon Syrup	22	Pancakes Sausage Syrup	23	Breakfast Sandwich Bacon, egg & cheese on a croissant	24	Muffin & Cheese stick	25
	28								

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