



# MENU

## PK-12 LUNCH

Harvest of the Month  
 NYS Sweet Potato  
 & Carrot  
 February 11th

FEbruary



**Crispy Chicken Patty**  
 Sweet Potato Fries  
 Yellow Corn  
 Chocolate Chip Cookie

**Pineapple Teriyaki Chicken**  
 Fried Rice & Dumplings  
 Steamed Broccoli  
 Baby Carrots & Hummus

**Potato & Cheddar Pierogies**  
 Kielbasa Bites  
 Peas & Carrots  
 Fresh Grape Tomatoes

**Rotini with Meat Sauce**  
 Garlic Breadstick  
 Seasoned Green Beans  
 Cucumber Coins

**Cheese Pizza or Meatlovers Pizza**  
 Steamed Mixed Veggie  
 Fresh Veggie w/ Hummus  
 Cinnamon Applesauce Cup

**Popcorn Chicken Bites**  
**Mozzarella Sticks**  
 Marinara Sauce  
 Crinkle Cut French Fries  
 Fresh Veggie with Dip

**Tortellini Alfredo with Chicken**  
 Garlic Bread  
 Roasted Broccoli  
 Rainbow Pepper Sticks

**Sunrise Waffle-wich (Grilled Cheese)**  
 Sweet Potato Chili OR  
 Chili Roasted Sweet Potato  
 Fresh Veggie Cup

**Meatball Sub**  
 Cheesy Garlic Mashed Potatoes  
 Grape Tomatoes  
 Mini Rice Krispy Treat

**Personal Cheese Pizza**  
 Steamed Mixed Veggies  
 Fresh Veggie w/ Hummus  
 Blue Raspberry Applesauce

**No School**  
 Winter Break

**No School**  
 Winter Break

**No School**  
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**Pizza Crunchers**  
 Garlicky Green Beans  
 Yogurt Cup  
 Celery Sticks  
 Cocoa Cherry Bar

**Chicken & Cheese Quesadilla**  
 Salsa & Sour Cream  
 Tortilla Chips w/Bean Dip  
 Yellow Corn

**French Toast Sticks**  
 Turkey Sausage Links  
 or Cheesy Egg Bite  
 Potato Wedges  
 NYS Apple Juice & Syrup

**Macaroni & Cheese**  
 Garlic knot  
 Roasted Broccoli  
 Grape Tomatoes

**Cheese Pizza or Sausage**  
 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



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MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

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# MENU

////////////////////  
**FEBRUARY**  
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## PK-12 BREAKFAST

Alternate meals provided  
daily:  
Cereal or Oatmeal

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

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