



M
MASSENA CENTRAL SCHOOL
SR. HIGH MENU

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> Steak & cheese hoagie OR Baked Calzone Corn Canned or fresh fruit	<p>7</p> Turkey & cheese on a Kaiser OR Chicken Parm Sandwich Cooked carrots Canned or fresh fruit	<p>8</p> Chef salad with a roll OR Homemade Pizza Green beans Canned or fresh fruit	<p>9</p> Ham & cheese on a Kaiser OR Spaghetti & Meat Sauce Romaine salad Canned or fresh fruit	<p>10</p> Fishburger/bun OR SAMPLER: 3 Mozz.Sticks, cheese Breadstick, 3 nuggets Three bean salad Canned or fresh fruit
<p>13</p> Turkey & cheese on a Kaiser OR Hotdog on a WW Bun Steamed corn Canned or fresh fruit	<p>14</p> Taco salad with lettuce And cheese OR Pulled Pork Sandwich Baked beans Canned or fresh fruit	<p>15</p> Chef salad with a roll OR Homemade Pizza Steamed broccoli Canned or fresh fruit	<p>16</p> Ham & cheese on a Kaiser OR Orange Chicken Seasoned rice Green beans Canned or fresh fruit	<p>17</p> Fishburger/bun OR Hot Meatball Sub Steamed carrots Canned or fresh fruit
<p>20</p>	<p>21</p> Chicken patty/bun OR Grilled cheese Tomato soup Steamed corn Canned or fresh fruit	<p>22</p> Chef salad with a roll OR Homemade Pizza Three bean salad Canned or fresh fruit	<p>23</p> Sloppy Joe on a WW Bun/ Caesar salad OR Chicken Caesar Salad Shredded Mozz. cheese Whole wheat dinner roll Canned or fresh fruit	<p>24</p>
<p>27</p> Hotdog on a bun OR Baked Stuffed Pasta Cheese filled breadstick Green beans Canned or fresh fruit	<p>28</p> Turkey & cheese on a Kaiser OR Popcorn Chicken WW dinner roll Black bean salad Canned or fresh fruit	<p>29</p> Chef salad with a roll OR Homemade Pizza Steamed broccoli Canned or fresh fruit	<p>30</p> Chicken patty/bun OR Chicken & Biscuits Mashed potatoes Peas Canned or fresh fruit	<p>31</p> Fishburger/bun OR French toast Sticks Sweet potato fries Sausage Canned or fresh fruit

DAILY: Low Fat and Assorted Fat Free Milk

COLD BREAKFAST OFFERED DAILY :

Cereal, Donuts, Fruit, Juice, Milk

HOT BREAKFAST:

MON: Pancake on a stick
TUES: Egg & Cheese Croissant
WED: Pancake on a stick
THURS: Egg & Cheese Muffin
FRI: Egg & Cheese Croissant



MENU SUBJECT TO CHANGE

Other Choices Daily:

Turkey or Ham Sandwich
 Pb & J Sandwich

