



M
MASSENA CENTRAL SCHOOL
SR. HIGH MENU

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken Nuggets WW roll OR Hamburger on WW Roll Steamed carrots Canned or fresh fruit	Soft Tacos with lettuce And cheese/ Caesar salad OR Chicken Caesar Salad WW dinner roll Shredded cheese Canned or fresh fruit	Chef salad with a roll OR Homemade Pizza Three bean salad Canned or fresh fruit	Ham & cheese sandwich OR Grilled Cheese Sand Tomato soup Corn Canned or fresh fruit	Fishburger/bun OR Chicken Patty/Bun Green Beans Canned or fresh fruit
9	10	11	12	13
Chicken Nuggets WW roll OR Stuffed Shells Cheese filled breadstick Broccoli Canned or fresh fruit	Hotdog on a Bun OR Popcorn Chicken WW dinner roll Green beans Canned or fresh fruit	Chef salad with a roll OR Homemade Pizza Vegetarian beans Canned or fresh fruit	Ham & cheese sandwich OR French toast Sticks Sweet potato fries Sausage Canned or fresh fruit	Fishburger/bun OR Chicken Fajitas Lettuce, cheese, salsa Corn Canned or fresh fruit
16	17	18	19	20
Tuna fish sandwich OR Loaded Potato Bowl (pop chicken, cheese Mashed potato, corn) WW biscuit Canned or fresh fruit	Turkey & cheese on A bun OR Cheeseburger on a Bun Baked beans Canned or fresh fruit	Chef salad with a roll OR Homemade Pizza Broccoli Canned or fresh fruit	Fishburger/bun OR Macaroni & Cheese WW dinner roll Red pepper strips Canned or fresh fruit	<i>Staff Development Day</i>
23	24	25	26	27
Chicken Nuggets WW roll OR Baked Calzone Steamed carrots Canned or fresh fruit	Turkey & cheese on a Bun OR SAMPLER: 3 Mozz.Sticks, cheese Breadstick, 3 nuggets Three bean salad Canned or fresh fruit	Chef salad with a roll OR Homemade Pizza Green beans Canned or fresh fruit	Ham & cheese sandwich OR Spaghetti & Meat Sauce WW bread Garden salad Canned or fresh fruit	Fishburger/bun OR Chicken Parm Sandwich French fries Canned or fresh fruit
30	31			
Chicken Nuggets WW roll OR Hot Meatball Sub Steamed broccoli Canned or fresh fruit	Turkey & cheese on a Bun OR Pork BBQ on a Bun Coleslaw 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

