






MASSENA CENTRAL SCHOOL
JH/ELEMENTARY MENU

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>1- Chicken nuggets w/ Dinner roll OR</p> <p>2- Hamburger/ WW roll Steamed carrots</p> <p>Canned or fresh fruit</p>	<p>3</p> <p>1- Tacos w/lettuce And cheese/Caesar salad OR</p> <p>2- Chicken Caesar Salad Whole wheat dinner roll Shredded mozz cheese Canned or fresh fruit</p>	<p>4</p> <p>1- Chef salad with a dinner roll OR</p> <p>2- Homemade Pizza Three bean salad</p> <p>Canned or fresh fruit</p>	<p>5</p> <p>1- Ham & cheese Sandwich OR</p> <p>2- Grilled Cheese Sand Tomato soup Corn</p> <p>Canned or fresh fruit</p>	<p>6</p> <p>1- Fishburger/bun OR</p> <p>2- Chicken Patty/Bun Green Beans</p> <p>Canned or fresh fruit</p>
<p>9</p> <p>1- Chicken Nuggets WW roll OR</p> <p>2- Stuffed Pasta Cheese filled breadstick Broccoli</p> <p>Canned or fresh fruit</p>	<p>10</p> <p>1- Hotdog on a Bun OR</p> <p>2- Popcorn Chicken WW dinner roll Green beans</p> <p>Canned or fresh fruit</p>	<p>11</p> <p>1- Chef salad with a dinner roll OR</p> <p>2- Homemade Pizza Vegetarian beans</p> <p>Canned or fresh fruit</p>	<p>12</p> <p>1- Ham & cheese Sandwich OR</p> <p>2- French toast Sticks Sweet potato fries Sausage patty</p> <p>Canned or fresh fruit</p>	<p>13</p> <p>1- Fishburger/bun OR</p> <p>2- Chicken Fajitas Lettuce, cheese, salsa Corn</p> <p>Canned or fresh fruit</p>
<p>16</p> <p>1-Tuna fish sandwich OR</p> <p>2- Loaded Potato Bowl (pop chicken, cheese Mash potato, corn,bisc)</p> <p>Canned or fresh fruit</p>	<p>17</p> <p>1-Turkey & cheese on A bun OR </p> <p>2- Cheeseburger/Bun Baked beans</p> <p>Canned or fresh fruit</p>	<p>18</p> <p>1- Chef salad with a dinner roll OR</p> <p>2- Homemade Pizza Steamed broccoli</p> <p>Canned or fresh fruit</p>	<p>19</p> <p>1- Fishburger/Bun OR</p> <p>2- Macaroni & Cheese WW roll, red peppers</p> <p>Canned or fresh fruit</p> <p>ELEMENTARY BAG LUNCH</p>	<p>20</p> <p></p> <p><i>Staff Development Day</i></p>
<p>23</p> <p>1- Chicken Nuggets WW roll OR</p> <p>2- Baked Calzone Cooked carrots</p> <p>Canned or fresh fruit</p>	<p>24</p> <p>1-Turkey & cheese on a Bun OR</p> <p>2- SAMPLER: 3 Mozz.Sticks, cheese Breadstick,3 nuggets Three bean salad</p> <p>Canned or fresh fruit</p>	<p>25</p> <p>1- Chef salad with a dinner roll OR</p> <p>2- Homemade Pizza Green beans</p> <p>Canned or fresh fruit</p>	<p>26</p> <p>1- Ham & cheese sandwich OR</p> <p>2- Spaghetti & M.Sauce WW bread Garden salad</p> <p>Canned or fresh fruit</p>	<p>27</p> <p>1-Fishburger/bun OR</p> <p>2- Chicken Parm / Bun French fries</p> <p>Canned or fresh fruit</p>
<p>30</p> <p>1-Chicken Nuggets WW roll OR</p> <p>2- Hot Meatball Sub Steamed broccoli</p> <p>Canned or fresh fruit</p>	<p>31</p> <p>1-Turkey & cheese on a Bun OR</p> <p>2- Pork BBQ on a Bun Coleslaw</p> <p>Canned or fresh fruit</p>			

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:
PB&J Sandwich / Cheese Sandwich

