




January

M

MASSENA CENTRAL SCHOOL JH/ELEMENTARY MENU

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY NEW YEAR		1	2 	3 
6	7	8	9	10
1- Hotdog on a WW bun OR 2- CALZONE Corn Canned or fresh fruit	1- Turkey & cheese On a Kaiser OR 2 -Chicken Parm/Bun Cooked carrots Canned or fresh fruit	1- Chef salad with a dinner roll OR 2- Homemade Pizza Green beans Canned or fresh fruit	1- Ham & cheese on a Kaiser OR 2-Spaghetti and Meat Sauce Romaine salad Canned or fresh fruit	1- Fishburger/bun OR SAMPLER: 2-3 Mozz.sticks, cheese Breadstick,3 Nuggets Three bean salad Canned or fresh fruit
13	14	15	16	17
1-Turkey & cheese On a Kaiser OR 2- Hotdog on a WW Bun Steamed corn Canned or fresh fruit	1-Taco salad with lettuce And cheese OR 2- Pulled Pork on a Bun Baked beans Canned or fresh fruit	1- Chef salad with a dinner roll OR 2- Homemade Pizza Steamed broccoli Canned or fresh fruit	1- Ham & cheese on a Kaiser OR 2- Orange Chicken Seasoned rice Green beans Canned or fresh fruit	1-Fishburger/bun OR 2- Hot Meatball Sub Steamed carrots Canned or fresh fruit
20 	21	22	23	24
	1-Chicken Patty on a bun OR 2- Grilled Cheese Tomato soup Steamed corn Canned or fresh fruit	1- Chef salad with a dinner roll OR 2- Homemade Pizza Three bean salad Canned or fresh fruit	1- Sloppy Joe on a WW Bun/Caesar salad OR 2- Chicken Caesar Salad Whole wheat dinner roll Shredded mozz cheese Canned or fresh fruit	1-Fishburger/bun 2-Hamburger on a WW Bun Sweet potato fries Canned or fresh fruit ----- *Early Dismissal Jr. High*
27	28	29	30	31
1-Hotdog on a WW Bun OR 2- Baked Pierogis Cheese filled breadstick Green beans Canned or fresh fruit	1-Turkey & cheese on a Kaiser OR 2- Popcorn Chicken WW dinner roll Black bean salad Canned or fresh fruit	1- Chef salad with a dinner roll OR 2- Homemade Pizza Steamed broccoli Canned or fresh fruit	1-Chicken patty/bun OR 2- Chicken & Biscuits Mashed Potatoes Steamed Peas Canned or fresh fruit	1-Fishburger/bun OR 2- 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:

PB&J Sandwich / Cheese Sandwich



2020

