



MASSENA CENTRAL SCHOOL
JH/ELEMENTARY MENU

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
1- Chicken Tenders WW roll OR 2- Hot Ham & Cheese Croissant Cooked carrots Canned or fresh fruit	1- Ham & cheese on a Bun OR 2- Hotdog or Hamburger On a WW roll Baked beans Canned or fresh fruit	1- Chef salad with a dinner roll OR 2- Homemade Pizza Steamed broccoli Canned or fresh fruit	1- Turkey & cheese on a Bun OR 2- Goulash Whole wheat roll Green beans Canned or fresh fruit	1- Fishburger/bun OR 2- Chicken Fajita With lettuce & cheese Corn Canned or fresh fruit
10	11	12	13	14
1- Chicken Tenders WW roll OR 2- Baked Calzone Cooked carrots Canned or fresh fruit	1-Ham & cheese on a Bun OR 2- Soft Tacos With lettuce & cheese Corn Canned or fresh fruit	1- Chef salad with a dinner roll OR 2- Homemade Pizza Green beans Canned or fresh fruit	1- PB&J Sandwich OR 2- Sloppy Joes Steamed broccoli Canned or fresh fruit	1-Fishburger/bun OR 2- SAMPLER: 3 Mozz.Sticks, cheese Breadstick, 3 nuggets Three bean salad Canned or fresh fruit
17	18	19	20	21
 PRESIDENTS DAY				
24	25	26	27	28
1-Turkey & cheese on a Kaiser OR 2- Pulled Pork on a Bun Vegetarian beans Canned or fresh fruit	1-Hotdog on a bun OR 2- Orange Chicken Steamed rice Cooked carrots 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- Roasted Turkey Mashed potato Dinner roll Canned or fresh fruit	1-Fishburger/bun OR 2- Chicken Fajita With lettuce & cheese Green beans Canned or fresh fruit

DAILY: Low Fat and Assorted Fat Free Milk

MENU SUBJECT TO CHANGE

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

Other Choices Daily:

PB&J Sandwich / Cheese Sandwich

