



M
MASSENA CENTRAL SCHOOL
SR. HIGH MENU

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>Chicken tenders w/ Dinner roll</p> <p style="text-align: center;">OR</p> <p>Calzone Steamed carrots</p> <p>Canned or fresh fruit</p>	<p style="text-align: right;">3</p> <p>Turkey & cheese kaiser</p> <p style="text-align: center;">OR</p> <p>Chicken Parm Sandwich Waffle fries</p> <p>Canned or fresh fruit</p>	<p style="text-align: right;">4</p> <p>Chef salad with a WW Dinner roll</p> <p style="text-align: center;">OR</p> <p>Homemade Pizza Garden salad</p> <p>Canned or fresh fruit</p>	<p style="text-align: right;">5</p> <p>Chicken patty/Bun</p> <p style="text-align: center;">OR</p> <p>Goulash Green beans</p> <p>Canned or fresh fruit</p>	<p style="text-align: right;">6</p> <p>Fishburger/bun OR</p> <p style="text-align: center;">SAMPLER: 3 Mozz.Sticks, cheese Breadstick, 3 nuggets Three bean salad Canned or fresh fruit</p>
<p style="text-align: right;">9</p> <p>Ham & cheese on a Kaiser</p> <p style="text-align: center;">OR</p> <p>Tangerine Chicken Steamed rice Broccoli</p> <p>Canned or fresh fruit</p>	<p style="text-align: right;">10</p> <p>Tacos w/lettuce And cheese</p> <p style="text-align: center;">OR</p> <p>Pulled Pork on a Bun Corn</p> <p>Canned or fresh fruit</p>	<p style="text-align: right;">11</p> <p>Chef salad with a WW Dinner roll</p> <p style="text-align: center;">OR</p> <p>Homemade Pizza Green beans</p> <p>Canned or fresh fruit</p>	<p style="text-align: right;">12</p> <p>Chicken patty/Bun</p> <p style="text-align: center;">OR</p> <p>Grilled Cheese Tomato soup Baked beans</p> <p>Canned or fresh fruit</p>	<p style="text-align: right;">13</p> <p>Fishburger/bun OR</p> <p>Hot Meatball Sub Carrots</p> <p>Canned or fresh fruit</p>
<p style="text-align: right;">16</p> <p>Ham & cheese Croissant/ Caesar salad OR</p> <p>Chicken Caesar Salad Whole wheat dinner roll Shredded mozz cheese Canned or fresh fruit</p>	<p style="text-align: right;">17</p> <p>Turkey & cheese on a Kaiser</p> <p style="text-align: center;">OR</p> <p>Hamburger on WW Roll Steamed carrots</p> <p>Canned or fresh fruit</p>	<p style="text-align: right;">18</p> <p>Chef salad with a WW Dinner roll</p> <p style="text-align: center;">OR</p> <p>Homemade Pizza Three bean salad</p> <p>Canned or fresh fruit</p>	<p style="text-align: right;">19</p> <p>Chicken patty/Bun</p> <p style="text-align: center;">OR</p> <p>Roasted Turkey Mashed potato Dinner roll,cranberries Canned or fresh fruit</p>	<p style="text-align: right;">20</p> <p>Fishburger/bun OR</p> <p>Boneless Chicken Wings Seasoned rice Carrot & celery sticks Canned or fresh fruit</p>
	<h1 style="color: red; font-size: 4em; font-weight: bold;">Merry Christmas</h1>			

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

