










CATSKILL MIDDLE / HIGH SCHOOL LUNCH MENU



January-2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <u>3</u> Oven Baked Chicken Whole Grain Roll Seasoned Corn Soup of the Day Chilled Fruit Chilled Milk | <u>4</u> Hearty Italian Meatballs on Whole Grain Roll Steamed Broccoli Chilled Fruit Chilled Milk | <u>5</u> Macaroni and Cheese Whole Grain Roll Green Beans Chilled Mixed Fruit Chilled Milk | <u>6</u> Spicy Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Refried Beans Chilled Fruit Chilled Milk | <u>7</u> Homemade Pizza Plain Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk |
| <u>10</u> Chicken Patty or Parm. Whole Grain Bun Green Beans Chilled Fruit Chilled Milk | <u>11</u> Hamburger or Cheeseburger W.G. Bun, Fries Lettuce, Pickles, Onions Chilled Fruit Chilled Milk | <u>12</u> Popcorn Chicken Whole Grain Roll Seasoned Corn Chilled Diced Pears Chilled Milk | <u>13</u> Spicy Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Refried Beans Chilled Fruit Chilled Milk | <u>14</u> Personal Pizza Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk |
| <u>17</u> Martin Luther King Day | <u>18</u> Oven Baked Chicken Whole Grain Roll Green Beans Chilled Peaches Chilled Milk | <u>19</u> Grilled Cheese Whole Grain Bread Sliced Carrots Homemade Soup Chilled Mixed Fruit Chilled Milk | <u>20</u> Spicy Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Refried Beans Chilled Fruit Chilled Milk | <u>21</u> Homemade Pizza Plain Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk |
| <u>24</u> Chicken Patty or Parm. Whole Grain Bun Green Beans Chilled Pineapple Chilled Milk | <u>25</u> Macaroni and Cheese Whole Grain Roll Steamed Broccoli Chilled Mixed Fruit Chilled Milk | <u>26</u> Turkey over Rice Whole Grain Roll Seasoned Corn Chilled Fruit Chilled Milk | <u>27</u> Spicy Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Refried Beans Chilled Fruit Chilled Milk | <u>28</u> Stuffed Crust Whole Grain Pizza Leafy Spinach Salad Chilled Fruit Chilled Milk |
| <u>31</u> Popcorn Chicken Whole Grain Roll Sweet Peas Chilled Diced Pears Chilled Milk |  | | CCSD is an Equal Opportunity Provider/ Employer FREE STUDENT LUNCH |  |
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| SALAD PLATE Whole Grain Roll | SALAMI On Whole Grain | TURKEY On Whole Grain | HAM On Whole Grain | PBJ On Whole Grain |