





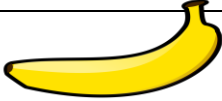




CATSKILL MIDDLE / HIGH SCHOOL LUNCH MENU



January-2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>2</u> HOLIDAY RECESS</p>	<p><u>3</u> Hearty Italian Meatballs on Whole Grain Roll Steamed Broccoli Chilled Fruit Chilled Milk</p>	<p><u>4</u> Oven Baked Chicken Whole Grain Roll Seasoned Corn Chilled Fruit Chilled Milk</p>	<p><u>5</u> Tasty Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Refried Beans Chilled Fruit Chilled Milk</p>	<p><u>6</u> Homemade Pizza Plain Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk</p>
<p><u>9</u> Chicken Patty or Parm. Whole Grain Bun Sweet Peas Tomato Juice Chilled Diced Pears Chilled Milk</p>	<p><u>10</u> Whole Grain Macaroni w/ Meat Sauce Whole Grain Roll Green Beans Chilled Fresh Fruit Chilled Milk</p>	<p><u>11</u> Ham and Cheese Melt Whole Grain Roll Sliced Carrots Chilled Mixed Fruit Chilled Milk</p>	<p><u>12</u> Tasty Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Refried Beans Chilled Fruit Chilled Milk</p>	<p><u>13</u> Personal Pizza Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk</p>
<p><u>16</u> Martin Luther King Day</p>	<p><u>17</u> Chicken Nuggets Whole Grain Roll Sweet Peas Chilled Diced Pears Chilled Milk</p>	<p><u>18</u> Hamburger or Cheeseburger W.G. Bun, Fries Lettuce, Pickles Chilled Fruit Chilled Milk</p>	<p><u>19</u> Tasty Tacos or Whole Grain Wrap Tomato, Romaine & Onion Cheese, Refried Beans Chilled Fruit Chilled Milk</p>	<p><u>20</u> Homemade Pizza Plain Whole Grain Crust Leafy Spinach Salad Chilled Fruit Chilled Milk</p>
<p><u>23</u> Chicken Patty or Parm. Whole Grain Bun Green Beans Tomato Juice Chilled Pineapple Chilled Milk</p>	<p><u>24</u> Macaroni and Cheese Whole Grain Roll Steamed Broccoli Chilled Mixed Fruit Chilled Milk</p>	<p><u>25</u> Hearty Italian Meatballs on Whole Grain Roll Seasoned Corn Chilled Fruit Chilled Milk</p>	<p><u>26</u> Oven Baked Chicken Whole Grain Roll Seasoned Corn Chilled Fruit Chilled Milk</p>	<p><u>27</u> Stuffed Crust Whole Grain Pizza Leafy Spinach Salad Chilled Fruit Chilled Milk</p>
<p><u>30</u> Popcorn Chicken Whole Grain Roll Seasoned Corn Chilled Fruit Chilled Milk</p>	<p><u>31</u> Hot Dog Whole Grain Roll Mixed Vegetables Chilled Fruit Chilled Milk</p>		<p>CCSD is an Equal Opportunity Provider/ Employer</p> <p>FREE STUDENT LUNCH</p>	
				
<p>TUNA SALAD On Whole Grain</p>	<p>BOLOGNA On Whole Grain</p>	<p>TURKEY On Whole Grain</p>	<p>HAM On Whole Grain</p>	<p>PBJ On Whole Grain</p>