

**Daily Entrée Options:**

- Deli Sandwich
- PB & Jelly W/String Cheese
- Grilled Caesar Salad
- Crispy Chicken Salad

# MENU

Harvest of the  
Month  
NY EGG  
January 14<sup>th</sup>



JANUARY

## 6-8 LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			No School Holiday Break 1	No School Holiday Break 2
Chicken Tenders w/ Dip 5 Pesto Rotini Mixed Steamed Vegetables	WG Cheeseburger 6 French Fries Warm Cinnamon Pears Fresh Assorted Veggies	Rotini with Meat Sauce 7 Garlic Texas Toast Broccoli Cucumbers & Tomatoes	WG Grilled Cheese 8 Chicken Soup Peas & Carrots Assorted Fresh Veggie	Pizza Slice 9 (Cheese or Pepperoni) Steamed Mixed Veggie Side Salad
WG Crispy Chicken 12 Sandwich Seasoned Waffle Fries Tomato & Cucumber Salad Baby Carrots w/Dip	Ultimate Nachos 13 Salsa & Sour Cream Guacamole, Olives, Jalapenos Cowboy Caviar Mango Peach Applesauce	Breakfast for Lunch 14 Pastrami Hash Egg & Cheese Bagel Grape Tomatoes NYS Apple Juice & Yogurt	Macaroni & Cheese Bar 15 W/ Kielbasa Bites WG Garlic Bread & Broccoli Rainbow Pepper Sticks	Pizza Slice 16 (Cheese or Pepperoni) Steamed Mixed Veggie Side Salad
No School 19 MLK Jr Day	Crispy Chicken Tenders 20 with assorted dipping sauces Pesto Parmesan Rotini Seasoned Green Beans Baby Carrots	BYO Burrito Bowl w/ 21 Cilantro Lime Rice Salsa Cup & Sour Cream Guacamole, Olives, Jalapenos Yellow Corn	Teriyaki Chicken 22 Fried Rice & Veg Egg Roll Steamed Broccoli Fortune Cookie	French Bread Pizza 23 (Cheese or Pepperoni) Steamed Mixed Veggie Side Salad
Crispy Chicken Mashed 26 Potato Bowl With Corn & Cheddar Cheese WG Dinner Roll Rainbow Pepper Sticks	BBQ Pork Bowl 27 Pineapple Corn Rice Veggie Pinto Beans Cucumber Slices Fruit Salad	Loaded French Fry Bar 28 (pulled chicken, queso & bacon) WG Garlic Knot Seasoned Green Beans Salsa & Sour Cream	Tortellini Alfredo 29 w/ Chicken Roasted Broccoli Grape Tomatoes Chocolate Chip Cookie	Pizza Slice 30 (Cheese or Pepperoni) Steamed Mixed Veggie Side Salad

**View Menus Online**



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.  
Notice is posted when available.

**All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.**

linqconnect.com

This institution is an equal opportunity employer.  
MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

