

**South Glens Falls MIDDLE SCHOOL Breakfast and Lunch Menu  
January 2019**

No school		Wednesday	Thursday	Friday
		<b>1/2</b> Cereal, hot muffin, fruit, juice, milk <hr/> <b>RED:</b> Double hotdog/bun, peas, pickles, fruit, milk <b>BLUE:</b> Bacon cheeseburger, peas, pickles, fruit, milk	<b>1/3</b> Cereal, bagel, cream cheese, fruit, juice, milk <hr/> <b>RED:</b> Pulled pork on bun, baked beans, corn, fruit, milk <b>BLUE:</b> Soft Taco, refried beans, corn, fruit, milk	<b>1/4</b> Cereal, yogurt, fruit, juice, milk <hr/> <b>RED:</b> Mozz cheese sticks, pretzel, broccoli, fruit, milk <b>BLUE:</b> Chicken patty/bun, broccoli, fruit, milk
<b>1/7</b> Cereal OR pancake/saus. stix, fruit, juice, milk <hr/> <b>RED:</b> Meatball sub, green beans, fruit, milk <b>BLUE:</b> Mac and cheese, green beans, fruit, milk	<b>1/8</b> Cereal, waffles, fruit, juice, milk <hr/> <b>RED:</b> BBQ Rib/bun, mashed potatoes, corn, fruit, milk <b>BLUE:</b> Chicken bowl, mashed potatoes, corn, fruit, milk	<b>1/9</b> Cereal, hot muffin, fruit, juice, milk <hr/> <b>RED:</b> Rotini w/meat sauce, broccoli, fruit, milk <b>BLUE:</b> Mozz sticks, bread stick, broccoli, fruit, milk	<b>1/10</b> Cereal, bagel, cream cheese, fruit, juice, milk <hr/> <b>RED:</b> Pulled pork sandwich, baked beans, fruit, milk <b>BLUE:</b> Popcorn chicken/roll, baked beans, fruit, milk	<b>1/11</b> Cereal, yogurt, fruit, juice, milk <hr/> <b>RED:</b> Fish sticks, roll OR Hot dog, carrots, ranch, fruit, milk <b>BLUE:</b> Cheese OR Pepperoni pizza, carrots, ranch, fruit, milk
<b>1/14</b> Cereal OR pancake/saus. stix, fruit, juice, milk <hr/> <b>RED:</b> Bacon cheeseburger, baked beans, corn, fruit, milk <b>BLUE:</b> Soft taco, refried beans, corn, fruit, milk	<b>1/15</b> Cereal, pancake, fruit, juice, milk <hr/> <b>RED:</b> Grilled cheese, tomato soup, veggie cup, fruit, milk <b>BLUE:</b> Dble hot dog/bun, tomato soup, veggie cup, fruit, milk	<b>1/16</b> Cereal, hot muffin, fruit, juice, milk <hr/> <b>RED:</b> Chicken patty/roll, mix veg, fruit, milk <b>BLUE:</b> Mozz sticks, pretzel, mix veg., fruit, milk.	<b>1/17</b> Cereal, bagel, cream cheese, fruit, juice, milk <hr/> <b>RED:</b> Ham/cheese bagel, hash brown, carrots, ranch fruit, milk <b>BLUE:</b> French toast sticks, sausage, hash brown, carrots, ranch, fruit, milk	<b>1/18</b> Cereal, yogurt, fruit, juice, milk <hr/> <b>RED:</b> Stuffed crust pizza, broccoli, fruit, milk <b>BLUE:</b> Chicken tenders/roll, broccoli, fruit, milk
<b>1/21</b> <hr/> <b>NO School Today</b> <hr/> <b>Martin Luther King Jr Day</b> <hr/>	<b>1/22</b> Cereal, waffle, fruit, juice, milk <hr/> <b>RED:</b> Pork rib on bun, mashed potatoes, corn, fruit, milk <b>BLUE:</b> Chicken bowl, roll, mashed potatoes, corn, fruit, milk	<b>1/23</b> Cereal, hot muffin, fruit, juice, milk <hr/> <b>RED:</b> Chili dog w/cheese, baked beans, corn, fruit, milk <b>BLUE:</b> Soft taco, corn refried beans, fruit, milk	<b>1/24</b> Cereal, bagel cream cheese, fruit, juice, milk <hr/> <b>RED:</b> Chicken and waffles, sweet potato fries, fruit, milk <b>BLUE:</b> Fish on a bun or corn dog, sweet potato fries, fruit, milk	<b>1/25</b> Cereal, yogurt, fruit, juice, milk <hr/> <b>RED:</b> Cheese OR pepperoni pizza, broccoli, fruit, milk <b>BLUE:</b> Chicken tenders/roll, broccoli, fruit, milk
<b>1/28</b> Cereal OR pancake/saus. stix, fruit, juice, milk <hr/> <b>RED:</b> Chicken patty/bun, green beans, fruit, milk <b>BLUE:</b> Hot dog, green beans, fruit, milk	<b>1/29</b> Cereal, Pancake, fruit, juice, milk <hr/> <b>RED:</b> Pulled pork sandwich, baked beans, veggie cup, fruit, milk <b>BLUE:</b> Cheeseburger/ bun, baked beans, veggie cup, fruit, milk	<b>1/30</b> Cereal, hot muffin, fruit, juice, milk <hr/> <b>RED:</b> Grilled cheese, tomato soup, corn, fruit, milk <b>BLUE:</b> Chicken tenders/roll, tomato soup, corn, fruit, milk	<b>1/31</b> Cereal, bagel cream cheese, fruit, juice, milk <hr/> <b>RED:</b> Ham/cheese bagel, hash brown, carrots, ranch fruit, milk <b>BLUE:</b> French toast sticks, sausage, hash brown, carrots, ranch, fruit, milk	<b>Charge Policy:</b> 1 charge per student. <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> to add money or check account balances and spending habits. <b>Deli Bar daily on RED Lunch Line:</b> choice of ham, turkey, bologna, salami or tuna w/lettuce, tomato, cheese, onions, pickles on hard roll or steak roll. Lunch price: <b>\$2.25</b> , reduced: \$0.25, milk: <b>\$0.50</b> , adult: \$3.76 tax included, adult milk \$0.55

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