

Spackenkill High School January 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Served Daily - PB & Jelly Deli Turkey Sandwich Ham & Cheese Sandwich Tuna Salad Sandwich Homemade Hummus Spread w/toasted everything bagel Garden Salad w/chicken or cheese Strawberry Yogurt Parfait</p>	2	3	4	5
	Mozzarella stick w/garlic bread OR Personal Pizza OR Turkey Club Homemade Vegetable soup Fresh Seasonal Fruit	Cheeseburger w/oven fries OR Personal Pizza OR Homemade Ham & Cheese Pockets Romaine Salad Fresh Seasonal Fruit	Pizzeria Slice OR Chicken Pattie Homemade Creamy Garbanzo Bean Soup Fresh Seasonal Fruit	Chicken Parmigiana wedge OR Nacho's w/meat & cheese OR Falafel Pita Glazed carrots Fresh Seasonal Fruit
8	9	10	11	12
General Tso Chicken w/rice OR Personal Pizza OR Meatball sub Green Peas Fresh Seasonal Fruit	Cheeseburger w/oven fries OR Personal Pizza OR Turkey Club Sandwich Green Beans Fresh Seasonal Fruit	Pasta w/meat sauce OR Personal Pizza OR Mozzarella Sticks w/garlic bread Swiss Chard Fresh Seasonal Fruit	Chicken Pattie OR Pizzeria Slice Homemade Lentil Soup Fresh Seasonal Fruit	Nacho's w/meat & cheese OR Roasted Turkey & Rice OR Falafel Pita Butternut Squash Fresh Seasonal Fruit
15	16	17	18	19
Martin Luther King Day	Chicken Parmigiana wedge OR Personal Pizza OR Turkey Club Steamed Corn Fresh Seasonal Fruit	Pasta w/meat sauce OR Personal Pizza OR Mozzarella Sticks w/garlic bread Romaine Salad Fresh Seasonal Fruit	Pizzeria Slice OR Chicken Pattie Homemade White Bean Soup Fresh Seasonal Fruit	Roasted Turkey & Rice OR Nacho's w/meat & cheese OR Falafel Pita Homemade Pumpkin Soup Fresh Seasonal Fruit
22	23	24	25	26
REGENTS	REGENTS	Chicken Parmigiana wedge OR Meatball Sub OR Personal Pizza Steamed Corn Fresh Seasonal Fruit	Chicken Pattie OR Pizzeria Slice Homemade Split Pea Soup Fresh Seasonal Fruit	Nacho's w/meat & cheese OR Roasted Turkey & Rice OR Falafel Pita Tomato & Basil Salad Fresh Seasonal Fruit
29	30	31	<p>5 Vegetable Groups Offered Weekly</p> <ul style="list-style-type: none"> • Dark Green • Red/Orange • Legumes (dried beans & peas) • Starchy • Other as defined in guidelines 	
Chicken Parmigiana wedge OR Meatball Sub OR Personal Pizza Spicy water chestnuts Fresh Seasonal Fruit	Cheeseburger w/oven fries OR Personal Pizza OR Turkey Club Sandwich Homemade Vegetable soup Fresh Seasonal Fruit	Pasta w/meat sauce OR Personal Pizza OR Mozzarella Sticks w/garlic bread Romaine Salad Fresh Seasonal Fruit	<p>This institution is an equal opportunity provider</p> <p><i>Menu is subject to change due to product availability or unforeseen circumstances</i></p>	