Voorheesville Elementary School



January 2023

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
² No School	3 Day 1 Chicken Nuggets Baked Fries Seasoned Corn OR WG Mozzarella Cheese Stick Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	4 D Hot Dog on WG Roll Potato Chips Seasoned Carrots OR WG Bagel W/Butter/Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 2	5 Day 3 Cheese Stuffed Bites with Dipping Sauce Seasoned Green Beans OR WG Bagel W/Butter/Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	6 Day 4 Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel W/Butter/Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
9 Day 5 Chicken Patty Sandwich on WG Bun Baked Fries Seasoned Corn OR WG Pretzel with Cheese Sauce Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	10Day 6Chicken or Cheese NachosSeasoned Black Beans, SalsaBrown RiceORWG Bagel W/Butter/Cream CheeseAssorted Fresh Fruit & Veggies8 oz. Low Fat Milk	11DHamburger on WG BunBaked FriesSeasoned CarrotsORWG Bagel W/Butter/Cream CheeseAssorted Fresh Fruit & Veggies8 oz. Low Fat Milk	Day 1	12Day 2Grilled CheesPotato ChipsSliced CucumbersORWG Bagel W/Butter/Cream CheeseAssorted Fresh Fruit & Veggies8 oz. Low Fat Milk	13Day 3Cheese or Pepperoni PizzaTossed SaladORWG Bagel W/Butter/Cream CheeseAssorted Fresh Fruit & Veggies8 oz. Low Fat Milk
¹⁶ No School	17Day 4Chicken NuggetsBaked FriesSeasoned CornORWG Mozzarella Cheese SticksAssorted Fresh Fruit & Veggies8 oz. Low Fat Milk	18DHot Dog on WG BunBaked FriesSeasoned CarrotsORWG Bagel W/Butter/Cream CheeseAssorted Fresh Fruit & Veggies8 oz. Low Fat Milk	Day 5	19Day 6Cheese Stuffed Bites with Dipping SauceSeasoned Green BeansORWG Bagel W/Butter/Cream CheeseAssorted Fresh Fruit & Veggies8 oz. Low Fat	20 Day 1 Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel W/Butter/Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
23 Day 2 Chicken Patty Sandwich on WG Bun Baked Fries Seasoned Corn OR WG Pretzel with Cheese Sauce Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	24Day 3Walking TacoSeasoned Black Beans, SalsaBrown RiceORWG Bagel W/Butter/Cream CheeseAssorted Fresh Fruit & Veggies8 oz. Low Fat Milk	25 D Hamburger on WG Bun Baked Fries Seasoned Carrots OR WG Bagel W/Butter/Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 4	26 Day 5 French Toast Sticks Sausage Links Cucumber Slices OR WG Bagel W/Butter/Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	²⁷ Day 6 Early Dismissal/ No Lunch Served
30Day 1Chicken NuggetsBaked FriesBaby Carrots ORWG Pretzel w/ Nacho Cheese SauceAssorted Fresh Fruit & Veggies8 oz. Low Fat Milk	31Day 2Chicken or Cheese NachosSeasoned Black Beans, SalsaBrown RiceORWG Bagel W/Butter/Cream CheeseAssorted Fresh Fruit & Veggies8 oz. Low Fat				
A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.		Lunch \$2.90 Breakfast \$1.65		<u>WG: Whole Grain</u> <u>WW: Whole Wheat</u> <u>LS: Low Sodium</u> <u>RF: Reduced Fat</u>	** SEE REVERSE SIDE FOR DAILY BREAKFAST & LUNCH ITEMS AND STATE & FEDERAL REGULATIONS



****Menu items subject to change****

New State & Federal Regulations

New York State & Federal Regulations New State & Federal Regulations Elementary School Grades K-5 350-500 Calories, 540 mg or less of Na+ 8 oz Low Fat Milk 91%

Skim and Flavored Skim Milk available Daily WG: Whole Grain WW: Whole Wheat LS: Low Sodium RF: Reduced Fat