







# JANUARY 2024

## Southwestern Elementary Lunch Menu

Starting Dec 1 Breakfast  
and Lunch Meals for  
Students will be **free** at  
Southwestern  
Central School

**Personal Touch**  
FOOD SERVICE

Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p>	 <p>2</p> <p>No Classes</p>	<p>3</p> <p>Twin Tacos</p> <p>-----</p> <p>Broccoli 3/4C Fruit 1/2C Milk-8oz</p>	<p>4</p> <p>Chicken Nuggets</p> <p>-----</p> <p>Green Beans 3/4C Fresh Fruit 1 piece Milk-8oz</p>	<p>5</p> <p>French Toast Sticks &amp; Sausage</p> <p>-----</p> <p>Carrots 3/4c French fries 1/2C Fruit 1/2C Milk-8oz</p>
<p>8</p> <p>Combo Basket</p> <p>-----</p> <p>Baked Beans – 3/4C Fruit 1/2C Milk-8oz</p>	<p>9</p> <p>Spaghetti &amp; Meat Sauce</p> <p>-----</p> <p>Corn 3/4C Fruit 1/2c Milk -8oz</p>	<p>10</p> <p>Meatball Sub</p> <p>-----</p> <p>Steamed Broccoli 3/4c Fresh Fruit-1Piece Milk-8oz</p>	<p>11</p> <p>Havanna Nachos</p> <p>-----</p> <p>NYS Cole Slaw 3/4C NYS Apple-1Piece Milk-8oz</p>	<p>12</p> <p>Grilled Cheese</p> <p>-----</p> <p>Carrots 3/4C Fruit 1/2C Milk-8oz</p>
<p>15</p> 	<p>16</p> <p>Twin Fajitas</p> <p>-----</p> <p>Black Bean Salad 3/4 C NYS Apple -1 Piece Milk-8oz</p>	<p>17</p> <p>Sloppy Joe</p> <p>-----</p> <p>Peas 3/4C Fruit 1/2C Milk-8oz</p>	<p>18</p> <p>Chicken Patty On Bun</p> <p>-----</p> <p>Carrots 3/4C NYS Steamed Cabbage- 1/2C Fresh Fruit -1 Piece Milk -8oz</p>	<p>19</p> <p>Nacho Grande</p> <p>-----</p> <p>Steamed Broccoli 3/4c Fruit 1/2c Milk-8oz</p>
<p>22</p> <p>Chicken Ranchero Wrap</p> <p>-----</p> <p>Baked Beans 3/4C Fruit 1/2c Milk-8oz</p>	<p>23</p> <p>Macaroni &amp; Cheese</p> <p>-----</p> <p>Carrots 3/4C Fruit 1/2c Milk-8oz</p>	<p>24</p> <p>Chicken Nuggets</p> <p>-----</p> <p>Broccoli 3/4C NYS Apple -1 piece Milk-8oz</p>	<p>25</p> <p><u>Opposite Day</u> <u>Breakfast for Lunch</u> French Toast Sticks Sausage</p> <p>-----</p> <p>Roasted Red Potato Wedges 3/4C Juice Rush=1/2C Fruit Milk-8oz</p>	<p>26</p> <p>Twin Fajitas</p> <p>-----</p> <p>Green Beans 3/4C Fruit 1/2C Milk-8oz</p>
<p>29</p> <p>Grilled Cheese</p> <p>-----</p> <p>Broccoli 3/4C Fruit 1/2C Milk-8oz</p>	<p>30</p> <p>Sloppy Joe</p> <p>-----</p> <p>Corn 1/2C Black Bean Salad 1/2 C NYS Apple -1 Piece Milk-8oz</p>	<p>31</p> <p>Chicken Patty On Bun</p> <p>-----</p> <p>Carrots 1/2C Green beans 1/2C Fruit 1/2c</p>		

### NYS LOCAL FOODS

\*Upstate Farms Dairy  
-milk, yogurt, sour cream  
\*LynOaken Farms Apples  
\*Local Farm Vegetables and Fruit  
used in Meal Program  
highlighted in green

In addition to the Entrée of the Day,  
we also serve the following Items  
Daily:

Salads Made to Order  
(Includes Flatbread) 2M2G  
Peanut Butter & Jelly Sandwich (2M2G)

Fruit & Yogurt Parfait  
w/Flatbread(2M2G)

Offered daily  
with all School Lunches:  
Fresh or Prepared Fruit  
(Must take ½ cup of Fruit or Vegetable –  
may take up to 1 cup)

NY State Non or Low Fat  
White or  
Non Fat Chocolate Milk 8oz



PAY FOR MEALS ONLINE  
MySchoolBucks.com



NYS Potatoes  
NYS Cabbage  
NYS Apples

If your Son or Daughter has a particular food allergy, please  
contact the food service office @