



JANUARY 2024

Southwestern MS/HS

Starting Dec 1, All
Student Breakfast
and Lunch Meals are
Free.

Personal Touch
FOOD SERVICE

Menu is subject to change.

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:

Pizza

6" Subs and Wraps Made to Order
(2M2G)

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

Monday

1

HAPPY
New Year
2024

Tuesday

2



No Classes

Wednesday

3

BBQ Chicken Filet
Sandwich

Broccoli 1/2C
Fresh Baby Carrots3/4C
Fruit 1/2C
Milk-8oz

Thursday

4

Chicken Fajita

Green Beans 1/2C
Cucumber slices1/2C
Fresh Fruit 1 piece
Milk-8oz

Friday

5

Fish Sticks

Carrots 1/2C
French fries 1/2C
Fruit 1/2C
Milk-8oz

8

Meatball Sub

Baked Beans 1/2C
1CRomaine Salad=1/2C
Fruit 1/2C
Milk-8oz

9

Chicken Patty on Bun

Corn 1/2C
Diced Tomatoes3/4C
Fruit 1/2c
Milk -8oz

10

Chicken Alfredo

Steamed Broccoli 1/2C
Carrot Sticks 1/2c
Fresh Fruit-1Piece
Milk-8oz

11

Havanna Nachos

NYS Cole Slaw 1/2C
French Fries 1/2C
NYS Apple-1Piece
Milk-8oz

12

Sweet & Sour
Chicken w/ Rice

Broccoli 1/2C
Mixed Vegetables1/2C
Fruit 1/2C

15



16

Chicken Tender Sub

Black Bean Salad 1/2 C
Corn 1/2C
NYS Apple -1 Piece
Milk-8oz

17

Goulash

Peas 1/2C
Baby Carrots 1/2C
Fruit 1/2C
Milk-8oz

18

Sweet & Sour Meatballs
w/ Rice

NYS SteamedCabbage1/2C
Green Beans1/2C
Fresh Fruit -1 Piece
Milk -8oz

19

Fish Tacos

Steamed Broccoli 1/2C
Maple Glazed Carrots3/4C
Fruit 1/2C
Milk-8oz

22

Combo Basket

Baked Beans 1/2C
Green Beans 1/2c
Fruit 1/2c
Milk-8oz

23

MS Only
Chicken Patty
On Bun

Carrots 3/4C
Corn1/2C
Fruit 1/2c
Milk-8oz

24

MS Only
Macaroni & Cheese

Broccoli 1/2C
Tater Tots1/2C
NYS Apple -1 piece
Milk-8oz

25

MS Only
Opposite Day
Breakfast for Lunch
French Toast Sticks
Sausage

Roasted Red Potato Wedges 3/4C
Sweet Poatoes1/2C
Juice Rush=1/2C Fruit
Milk-8oz

26

MS Only
Chicken Alfredo

Fresh Pepper Slices 1/2C
1C Romaine Salad=1/2C
Fruit 1/2C
Milk-8oz

29

Chicken Tender Sub

Broccoli 1/2C
Baby Carrots 1/2C
Fruit 1/2C
Milk-8oz

30

Havanna Nachos

Corn 1/2C
Black Bean Salad 1/2 C
NYS Apple -1 Piece
Milk-8oz

31

Meatball Sub

Carrots 1/2C
Green beans 1/2C
Fruit 1/2c
Milk-8oz

Regent Week 1-23 thru 1-26:

Must preorder a bag Lunch at HS.
(Breakfast Cashier, Teacher, or HS
Office)

If your son has a particular food allergy, please
contact the food service office @