

Monday

Tuesday

Wednesday

Thursday

Friday

# JANUARY 2019



## CANDOR CENTRAL SCHOOL MENU

Elementary Meals

Breakfast and lunch are available to all students *free of charge*.

High School Meals

Breakfast: 7-12 \$1.55  
Lunch: 7-8 \$2.30; 9-12 \$2.55  
Reduced Status Meals: 25¢

1



2

Chicken patty on a whole-grain bun w/lettuce and tomato, steamed baby carrots, strawberry cup and milk

3

Toasted cheese sandwich, fresh broccoli salad, tomato soup, applesauce and milk

4

Meatball parmigiana sub, fresh crisp romaine salad w/caesar dressing, peaches and milk

7

Cheeseburger on a whole-grain bun w/lettuce and tomato, french fries, baked beans, fruit cocktail and milk

2

8

Homemade macaroni and cheese, baby green peas, applesauce and milk

9

Chicken chef salad (mixed greens w/chicken tenders, assorted fresh veggies and chick peas), dinner roll, pineapple tidbits and milk

10

Our signature turkey & gravy with a homemade biscuit, mashed potatoes, green beans, peaches and milk

11

Haddock filet on a whole-grain bun, cole slaw, french fries, peach cup and milk

14

Rib-B-Que on a whole-grain bun, curly fries, baked beans, fruit cocktail and milk

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15

Chicken fajitas topped w/lettuce, tomatoe corn & salsa, homemade vegetable soup, peaches and milk

16

Sweet & sour chicken over whole-grain rice, steamed broccoli florets, pineapple tidbits and milk

17

Beef tacos loaded w/lettuce, freshly diced tomatoes, salsa and corn, diced pears and milk

9

18

Pepperoni or cheese pizza, caesar salad, fruit cocktail and milk

21

**Martin Luther King Day**



22

*Regents Exams*

Chicken nuggets w/choice of dipping sauce, fresh baby carrots, fruit cocktail and milk

23

*Regents Exams*

French bread pizza garden salad, diced pears and milk

1

24

*Regents Exams*

French toast sticks, tater tots, turkey sausage links, peaches and milk

25

*Regents Exams*

Stuffed crust pizza, garden salad, fruit cocktail and milk

28

Chicken patty on a whole-grain bun w/lettuce and tomato, steamed baby carrots, diced pears and milk

29

Pepperoni or cheese pizza, caesar salad, fruit cocktail and milk

30

Sweet & sour chicken over whole-grain rice, steamed broccoli florets, pineapple tidbits and milk

31

Chicken & biscuits, mashed potatoes, green beans, peaches and milk

