chartwells

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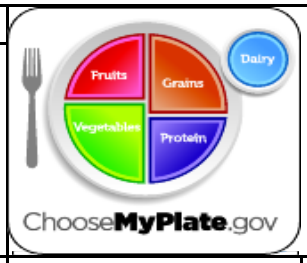
Glens Falls 9-12 Menu: January 2017 Lunch Price is $2.00, Breakfast Price is $1.30

2	3	4	5	6
No School Holiday Recess	Plain or Spicy Cajun Style Chicken Patty on a Bun Steamed Brown Rice Steamed Carrots Fruit and Vegetable Bar	French Toast Sticks w/ Syrup Sausage Patty Hash Brown Potatoes Fruit and Vegetable Bar	Hard or Soft Shell Tacos w/ taco meat and cheese Black Bean & Corn Salsa, Shredded Lettuce, Tomato Refried Beans, Rice, & Salsa Fruit and Vegetable Bar	Assorted Homemade Pizzas Pepperoni Cheese or Bianca Philly Cheese Steak Sandwich with Fries Spring Mix Salad Fruit and Vegetable Bar
9	**10**	**11**	**12**	**13**
Creamy Mac & Cheese Green Beans Fruit and Vegetable Bar	Hamburger or Cheeseburger on a Wheat Bun Steamed Carrots Fruit and Vegetable Bar	Popcorn Chicken Bowl Mashed Potato, Corn Whole Grain Roll Fruit and Vegetable Bar	3 Cheese Baked Ziti with Meat Sauce on the side Garlic-Parmesan Rolls Steamed Broccoli Fruit and Vegetable Bar	Assorted Homemade Pizzas Pepperoni Cheese or Bianca Cuban Sandwich with Tater Tots Spring Mix Salad Fruit and Vegetable Bar
16	**17**	**18**	**19**	**20**
No School Martin Luther King Jr. Day	Turkey Club Sub w/ Bacon Lettuce and Tomatoes Steamed Broccoli Fruit and Vegetable Bar	French Toast Sticks w/ Syrup Sausage Patty Hash Brown Potatoes Fruit and Vegetable Bar	Hard or Soft Shell Tacos w/ taco meat and cheese Black Bean & Corn Salsa, Shredded Lettuce, Tomato Refried Beans, Rice, & Salsa Fruit and Vegetable Bar	Assorted Homemade Pizzas Pepperoni Cheese or Bianca **Monte Cristo Sandwich**- French Toast Bread, Ham, Turkey & Cheese w/ Russian Dressing Fruit and Vegetable Bar
23	**24**	**25**	**26**	**27**
Plain or Spicy Buffalo Style Chicken Patty on a Bun Steamed Brown Rice Steamed Carrots Fruit and Vegetable Bar	**Regents and Midterm Exams** **Please use the sign-up sheet in the cafeteria to reserve a lunch.** **Note: Please sign-up at least one day before you plan to eat.**			
30	**31**			
Creamy Mac & Cheese Green Beans Fruit and Vegetable Bar	**Pasta Bar:** Barilla Penne Pasta Choice of Marinara, Meat Sauce, Pesto Sauce or Alfredo Sauce Steamed Broccoli Fruit and Vegetable Bar		**Fruit and Vegetable Bar (offered daily) contains:** Fresh Carrots, tomatoes, Broccoli , Baby Spinach, Romaine and Spring Mix, Canned Fruit, Fresh Apples, Oranges and or Bananas	**Choice of Milk Daily:** 1 %, Fat Free or Fat Free Chocolate
Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger or Hot Dog on a Bun	Hamburger or Hot Dog on a Bun	Hamburger or Hot Dog on a Bun	Hamburger or Hot Dog on a Bun	Hamburger or Hot Dog on a Bun
Assorted Cold Cut Sub	Assorted Cold Cut Sub	Assorted Cold Cut Sub	Assorted Cold Cut Sub	Assorted Cold Cut Sub
Peanut butter and Jelly Sandwich	Peanut butter and Jelly Sandwich	Peanut butter and Jelly Sandwich	Peanut butter and Jelly Sandwich	Peanut butter and Jelly Sandwich
Deli Chef Salad	Deli Chef Salad	Deli Chef Salad	Deli Chef Salad	Deli Chef Salad