

April 2021

JR HS - What's For Lunch Today?

Monday

Tuesday

Wednesday

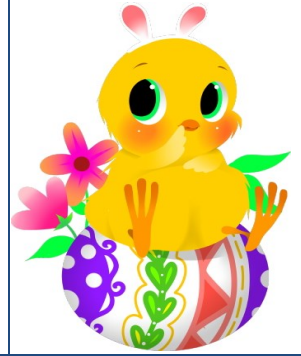
Thursday

Friday

M/ma=Meat/ Meat Alternative
 WG=Whole Grain
 WW=Whole Wheat
 RF=Reduced Fat
 FF=Fat Free
 RS=Reduced Sodium
 R/O=Red/Orange Veggie
 G=Dark Green Veggie
 B/P=Beans/Peas
 S=Starchy
 O=Other

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1 Breakfast Choices
 A) WG/RF Cheese Pizza 2 oz.
 B) WG Chicken Patty 2 oz.
 WW Roll 2 oz.
 3/4 cup Veggie
 G/Broccoli
 3/4 cup Fresh Fruit or
 Fruit Variety



Happy Spring Break

12 Breakfast Choices
 Brunch For Lunch
 4WG French Toast Sticks 2oz.
 Sausage Patty 1.2 oz.
 Syrup
 3/4 cup Veggie
 S/Hash Browns
 R/O Carrots
 3/4 cup Fresh Fruit or
 Applesauce

13 Breakfast Choices
 Italian Dunkers
 1 WW Bread Stick
 2 RF Mozz. Sticks
 3/4 cup Veggie
 R/O Sauce 2.oz
 O/Green Beans
 3/4 cup Fresh Fruit or
 Peaches

14 Breakfast Choices
 Baked Chicken 2 oz.
 WW Roll 1.18 oz.
 3/4 cup Veggie
 S/Potato & Gravy
 S/Corn
 3/4 cup Fresh Fruit or
 Strawberries

15 Breakfast Choices
 Beef Burger 2 oz.
 Cheese .5 oz.
 WW Roll 2 oz.
 3/4 cup Veggie
 S/Fries
 B/P Baked Beans
 3/4 cup Fresh Fruit or
 Pears

16 Breakfast Choices
 A) WG/RF Cheese Pizza 2 oz.
 B) WG Chicken Patty 2 oz.
 WW Roll 2 oz.
 3/4 cup Veggie
 G/Broccoli
 3/4 cup Fresh Fruit or
 Fruit Variety

19 Breakfast Choices
 5 WG Chicken Nuggets 1.5 oz.
 WW Roll 1.18 oz.
 3/4 cup Veggie
 B/P Baked Beans
 S/ Fries
 3/4 cup Fresh Fruit or
 Mandarin Oranges

20 Breakfast Choices
 Meatball Sub
 RF Meatballs 2.5 oz.
 1 WW roll 2oz.
 3/4 cup Veggie
 R/O Carrots
 3/4 cup Fresh Fruit or
 Pears

21 Breakfast Choices
 Italian Dunkers
 1 WW Bread Stick
 2 RF Mozz. Sticks
 3/4 cup Veggie
 R/O Sauce 2.oz
 O/Green Beans
 3/4 cup Fresh Fruit or
 Mixed Fruit

22 Breakfast Choices
 A) Toasted Cheese Sandwich
 WW Bread & Cheese 2 oz.
 B) Ham & Cheese Bagel
 WG Bagel- Ham 1.5oz. &
 Cheese .5oz.
 3/4 cup Veggie
 R/O Tomato Soup
 S/Corn
 3/4 cup Fresh Fruit or
 Peaches

23 Breakfast Choices
 A) WG/RF Cheese Pizza 2 oz.
 B) WG Chicken Patty 2 oz.
 WW Roll 2 oz.
 3/4 cup Veggie
 G/Broccoli
 3/4 cup Fresh Fruit or
 Fruit Variety

26 Breakfast Choices
 WG Chicken Patty 2 oz.
 WW Roll 2oz.
 1/4 C Mac & Cheese
 3/4 cup Veggie
 R/O Carrots
 3/4 cup Fresh Fruit or
 Peaches

27 Breakfast Choices
 Taco Salad
 RS Tortilla Chips
 Meat Sauce 2.5oz.
 Cheese .5 oz.
 1/4 cup WG Rice
 3/4 cup Veggie
 S/Corn
 3/4 cup Fresh Fruit or
 Mixed Fruit

28 Breakfast Choices
 Beef Burger 2 oz.
 Cheese .5 oz.
 WW Roll 2 oz.
 3/4 cup Veggie
 S/Fries
 B/P Baked Beans
 3/4 cup Fresh Fruit or
 Strawberries

29 Breakfast Choices
 Baked Chicken 2 oz.
 WW Roll 1.18 oz.
 3/4 cup Veggie
 S/Potato & Gravy
 O/Green Beans
 3/4 cup Fresh Fruit or
 Pears

30 Breakfast Choices
 A) WG/RF Cheese Pizza 2 oz.
 B) WG Chicken Patty 2 oz.
 WW Roll 2 oz.
 3/4 cup Veggie
 G/Broccoli
 3/4 cup Fresh Fruit or
 Fruit Variety