

## Home-Duanesburg-What's For Lunch

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	Duanesburg CSD 133 School Drive Delanson, NY 12053 www.duanesburg.org ES-518-895-2580 JR/SR HS-518-895-3000 CO-518-895-2279	HAPPY	1 Breakfast Choices  Beef Burger 2 oz. Cheese .5 oz. WW Roll 2 oz. 3/4 cup Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety	2 Breakfast Choices  WG/RF Cheese Pizza 2 oz 3/4 cup Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety
5 Breakfast Choices  Italian Dunkers 2 WW Bread Stick 2 RF Mozz. Sticks 3/4 cup Veggie Variety R/O Sauce 2.oz 3/4 cup Fresh Fruit or Fruit Variety	6 Breakfast Choices  Sandwich Protein 30z. WG Bread 20z 3/4 cup Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety	7 Breakfast Choices  WG Chicken Patty 2 oz.  WW Roll 2oz  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety	8 Breakfast Choices  Sub Sandwich  WW Roll 2 oz.  Mixed Meat 2.5 oz.  Cheese .5 oz.  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety	9 Breakfast Choices  WG/RF Cheese Pizza 2 oz 3/4 cup Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety
12 Breakfast Choices  Brunch For Lunch  4WG French Toast Sticks 2oz.  Sausage Patty 1.2 oz.  Syrup  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety	13 Breakfast Choices  Sandwich Protein 30z. WG Bread 20z 3/4 cup Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety	14 Breakfast Choices  Baked Chicken 2 oz.  WW Roll 1.18 oz.  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety	15 Breakfast Choices  Sub Sandwich  WW Roll 2 oz.  Mixed Meat 2.5 oz.  Cheese .5 oz.  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety	16 Breakfast Choices  WG/RF Cheese Pizza 2 oz 3/4 cup Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety
19 Breakfast Choices  6 WG Chicken Nuggets 2 oz.  WW Roll 1.18 oz.  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety	20 Breakfast Choices  Sandwich Protein 30z. WG Bread 20z 3/4 cup Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety	21 Breakfast Choices  Italian Dunkers 2 WW Bread Stick 2 RF Mozz. Sticks 3/4 cup Veggie Variety R/O Sauce 2.oz 3/4 cup Fresh Fruit or Fruit Variety	22 Breakfast Choices  Sub Sandwich  WW Roll 2 oz.  Mixed Meat 2.5 oz.  Cheese .5 oz.  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety	23 Breakfast Choices  WG/RF Cheese Pizza 2 oz  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety
26 Breakfast Choices  WG Chicken Patty 2 oz.  WW Roll 2oz  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety	27 Breakfast Choices  Sandwich  Protein 3oz.  WG Bread 2oz  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety	28 Breakfast Choices  Beef Burger 2 oz. Cheese .5 oz. WW Roll 2 oz. 3/4 cup Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety	29 Breakfast Choices  Sub Sandwich  WW Roll 2 oz.  Mixed Meat 2.5 oz.  Cheese .5 oz.  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety	30 Breakfast Choices  WG/RF Cheese Pizza 2 oz  3/4 cup Veggie Variety  3/4 cup Fresh Fruit or  Fruit Variety