


January 2021

JRHS What's For Lunch To

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>	<p>Duanesburg CSD 133 School Drive Delanson, NY 12053 www.duanesburg.org</p> <p>ES-518-895-2580 MS-518-895-3000 HS-518-895-3000 CO-518-895-2279</p>			<p>1 No School</p> 
<p>4 Breakfast Choices</p> <p><i>Brunch For Lunch</i> 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</p>	<p>5 Breakfast Choices</p> <p><i>Taco Salad</i> 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 Peaches</p>	<p>6 Breakfast Choices</p> <p><i>Baked Chicken</i> WW Roll 1.89 oz. 3/4 cup Veggie S/Potato & Gravy O/ Green Beans 3/4 cup Fresh Fruit or Strawberries</p>	<p>7 Breakfast Choices</p> <p>. 5 WG Chicken Nuggets 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie S/French Fries B/P Baked Beans 3/4 cup Fresh Fruit or Pears</p>	<p>8 Breakfast Choices</p> <p>A) WG/RF Cheese Pizza 2 oz. or B) WG Chicken Patty 2 oz. WW Roll 2 oz. 3/4 cup Veggie G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>11 Breakfast Choices</p> <p>WG Chicken Patty 2 oz. WW Roll 2 oz. 1/4 C Mac & Cheese 3/4 cup Veggie R/O Carrots 3/4 cup Fresh Fruit or Mixed Fruit</p>	<p>12 Breakfast Choices</p> <p>Beef Burger 2 oz. Cheese .5 oz. WW Roll 1.89 oz. 3/4 cup Veggie S/French Fries B/P Baked Beans 3/4 cup Fresh Fruit or Strawberries</p>	<p>13 Breakfast Choices</p> <p><i>Italian Dunkers</i> 1 WW Bread Stick 2 RF Mozz. Sticks 3/4 cup Veggie R/O Sauce 2.oz S/ Corn 3/4 cup Fresh Fruit or Pears</p>	<p>14 Breakfast Choices</p> <p>A) Toasted Cheese Sandwich WW Bread & Cheese 2 oz. B) Ham & Cheese Bagel WG Bagel- Ham 2 oz. & Cheese 1 oz. 3/4 cup Veggie R/O Tomato Soup O/Green Beans 3/4 cup Fresh Fruit or Applesauce</p>	<p>15 Breakfast Choices</p> <p>A) WG/RF Cheese Pizza 2 oz. or B) WG Chicken Patty 2 oz. WW Roll 2 oz. 3/4 cup Veggie G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>18 No School</p> <p><i>"Faith is taking the first step even when you don't see the whole staircase."</i>  Martin Luther King, Jr.</p>	<p>19 Breakfast Choices</p> <p><i>Brunch For Lunch</i> 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</p>	<p>20 Breakfast Choices</p> <p><i>Taco Salad</i> 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 Peaches</p>	<p>21 Breakfast Choices</p> <p>WG Chicken Patty 2 oz. WW Roll 2 oz. 3/4 cup Veggie S/P Baked Beans 3/4 cup Fresh Fruit or Berries</p>	<p>22 Breakfast Choices</p> <p>A) WG/RF Cheese Pizza 2 oz. or B)WG Chicken Patty 2 oz. WW Roll 2 oz. 3/4 cup Veggie G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>25 Breakfast Choices</p> <p>5 WG Chicken Nuggets 2 oz. WW Roll 1.18 oz. 3/4 cup Veggie S/French Fries R/O Carrots 3/4 cup Fresh Fruit or Strawberries</p>	<p>26 Breakfast Choices</p> <p><i>Italian Dunkers</i> 1 WW Bread Stick 2 RF Mozz. Sticks 3/4 cup Veggie R/O Sauce 2.oz S/Corn 3/4 cup Fresh Fruit or Peaches</p>	<p>27 Breakfast Choices</p> <p><i>Meatball Sub</i> RF Meatballs 2.5 oz. 1 WW roll 2oz. 3/4 cup Veggie O/Green Beans 3 /4 cup Fresh Fruit or Mixed Fruit</p>	<p>28 Breakfast Choices</p> <p>Beef Burger 2 oz. Cheese .5 oz. WW Roll 1.89 oz. 3/4 cup Veggie S/French Fries B/P Baked Beans 3/4 cup Fresh Fruit or Applesauce</p>	<p>29 Breakfast Choices</p> <p>A)WG/RF Cheese Pizza 2 oz. or B) WG Chicken Patty 2 oz. WW Roll 2 oz. 3/4 cup Veggie G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>