

January 2021

Home-Duanesburg- What's For Lunch

| 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 ES-518-895-2580 JR/SR HS-518-895-3000 CO-518-895-2279</p> |  | | <p>1 No School</p>  |
| <p>4 Breakfast Choices</p> <p>6 WG Chicken Nuggets 2 oz. WW Roll 1.18 oz. 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> | <p>5 Breakfast Choices</p> <p>Sandwich Protein 3oz. WG Bread 2oz 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> | <p>6 Breakfast Choices</p> <p>Italian Dunkers 2 WW Bread Stick 2 RF Mozz. Sticks 1 Cup Veggie Variety R/O Sauce 2.oz 1 cup Fresh Fruit or Fruit Variety</p> | <p>7 Breakfast Choices</p> <p>Sub Sandwich WW Roll 2 oz. Mixed Meat 2.5 oz. Cheese .5 oz. 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> | <p>8 Breakfast Choices</p> <p>WG/RF Cheese Pizza 2 oz 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> |
| <p>11 Breakfast Choices</p> <p>Brunch For Lunch 4WG French Toast Sticks 2oz. Sausage Patty 1.2 oz. Syrup 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> | <p>12 Breakfast Choices</p> <p>Sandwich Protein 3oz. WG Bread 2oz 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> | <p>13 Breakfast Choices</p> <p>Taco Salad RS Tortilla Chips Meat Sauce 3 oz. Cheese .5 oz. 1/4 cup WG Rice 1 cup Veggie 1 cup Fresh Fruit or Fruit Variety</p> | <p>14 Breakfast Choices</p> <p>Sub Sandwich WW Roll 2 oz. Mixed Meat 2.5 oz. Cheese .5 oz. 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> | <p>15 Breakfast Choices</p> <p>WG/RF Cheese Pizza 2 oz 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> |
| <p>18</p> <p><i>"Faith is taking the first step even when you don't see the whole staircase."</i></p> <p>Martin Luther King, Jr.</p>  | <p>19 Breakfast Choices</p> <p>WG Chicken Patty 2 oz. WW Roll 1.89 oz. 1 cup Veggie 1 cup Fresh Fruit or Fruit Variety</p> | <p>20 Breakfast Choices</p> <p>WG/RF Cheese Pizza 2 oz 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> | <p>21 Breakfast Choices</p> <p>Sub Sandwich WW Roll 2 oz. Mixed Meat 2.5 oz. Cheese .5 oz. 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> | <p>22 Breakfast Choices</p> <p>WG/RF Cheese Pizza 2 oz 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> |
| <p>25 Breakfast Choices</p> <p>6 WG Chicken Nuggets 2 oz. WW Roll 1.18 oz. 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> | <p>26 Breakfast Choices</p> <p>Sandwich Protein 3oz. WG Bread 2oz 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> | <p>27 Breakfast Choices</p> <p>Meatball Sub RF Meatballs 2.5 oz. 1 WW roll 2oz. 3/4 cup Veggie Variety 3 / 4 cup Fresh Fruit or Fruit Variety</p> | <p>28 Breakfast Choices</p> <p>Sub Sandwich WW Roll 2 oz. Mixed Meat 2.5 oz. Cheese .5 oz. 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> | <p>29 Breakfast Choices</p> <p>WG/RF Cheese Pizza 2 oz 1 Cup Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p> |