

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



3 Staff Development Day



4 No School



7 Staff Development Day



8 Breakfast Choices

5 WG Chicken Nuggets 1.5 oz
 WW Roll 1.18 oz
 3/4 cup Veggie
 S/Potato & Gravy
 R/O Carrots
 3/4 cup Fresh Fruit or
 Peaches

9 Breakfast Choices

Beef Burger 2 oz
 Cheese .5 oz
 WW Roll 1.89 oz
 3/4 cup Veggie
 S/Fries
 B/P Baked Beans
 3/4 cup Fresh Fruit or
 Peaches

11 Breakfast Choices

WG/RF Cheese Pizza 2 oz or
 WG/RF N/S Pizza 2 oz or
 WG Chicken Patty 2 oz
 on WW Roll 2 oz
 3/4 cup Veggie
 G/Broccoli
 3/4 cup Fresh Fruit or
 Fruit Variety

13 Breakfast Choices

Brunch For Lunch
 3WG 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

14 Breakfast Choices

WG Chicken Patty 2 oz
 WW Roll 1.89 oz
 3/4 cup Veggie
 S/Com
 3/4 cup Fresh Fruit or
 Peaches

15 Breakfast Choices

Italian Dunkers
 1 WW Bread Stick
 2 RF Mozz. Sticks
 3/4 cup Veggie
 R/O Sauce 2.0z
 O/Green Beans
 3/4 cup Fresh Fruit or
 Peaches

16 Breakfast Choices

Toasted Cheese Sandwich
 WW Bread & Cheese 1oz.
 3/4 cup Veggie
 R/O Tomato Soup
 S/P Baked Beans
 3/4 cup Fresh Fruit or
 Mixed Fruit

17 Breakfast Choices

WG/RF Cheese Pizza 2 oz or
 WG/RF N/S Pizza 2 oz or
 WG Chicken Patty 2 oz
 on WW Roll 2 oz
 3/4 cup Veggie
 G/Broccoli
 3/4 cup Fresh Fruit or
 Fruit Variety

20 Breakfast Choices

5 WG Chicken Nuggets 1.5 oz
 WW Roll 1.18 oz
 1/4 cup Mac & Cheese
 3/4 cup Veggie
 R/O Carrots
 3/4 cup Fresh Fruit or
 Peaches

21 Breakfast Choices

Taco or Taco Salad
 1 WW Soft Taco or
 RS Tortilla Chips
 Meat Sauce 2.5oz
 Cheese .5 oz
 1/4 cup WG Rice
 3/4 cup Veggie
 S/Com
 3/4 cup Fresh Fruit or
 Mixed Fruit

22 Breakfast Choices

Sub Sandwich
 WW Roll 1.79 oz
 Mixed Meat 1.5 oz
 Cheese .5 oz
 3/4 cup Veggie
 O/Green Beans
 3/4 cup Fresh Fruit or
 Mandarin Oranges

23 Breakfast Choices

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
 Peaches

24 Breakfast Choices

WG/RF Cheese Pizza 2 oz or
 WG/RF N/S Pizza 2 oz or
 WG Chicken Patty 2 oz
 on WW Roll 2 oz
 3/4 cup Veggie
 G/Broccoli
 3/4 cup Fresh Fruit or
 Fruit Variety

27 Breakfast Choices

Brunch For Lunch
 3WG 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

28 Breakfast Choices

Toasted Cheese Sandwich
 WW Bread & Cheese 1oz.
 3/4 cup Veggie
 R/O Tomato Soup
 S/Com
 3/4 cup Fresh Fruit or
 Peaches

29 Breakfast Choices

Italian Dunkers
 1 WW Bread Stick
 2 RF Mozz. Sticks
 3/4 cup Veggie
 R/O Sauce 2.0z
 O/Green Beans
 3/4 cup Fresh Fruit or
 Peaches

30 Breakfast Choices

WG Chicken Patty 2 oz
 WW Roll 1.89 oz
 3/4 cup Veggie
 S/P Baked Beans
 3/4 cup Fresh Fruit or
 Strawberries

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