

# Long Lake Central School

**Alternate Entrée:**

Available every day,  
 Please order during home room.  
 Fruit & Vegetable Salad Bar  
 Peanut Butter & Jelly  
 Cold Sandwich  
 Ham or Turkey

January 2019

**Served Daily:**

Milk—1%, Skim,  
 Fat Free Chocolate  
 Fresh Fruits, Vegetable & Bread

**Ala-Carte:**

Dessert  
 Soup of the Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <i>No School</i>  <i>New Year's Day</i>	<b>2</b> <i>No School</i>	<b>3</b> Grilled Cheese Sandwich	<b>4</b> Hot Turkey Sandwich	<b>5</b>
<b>6</b>	<b>7</b> Chicken Sandwich	<b>8</b> Beef Taco	<b>9</b> Fresh Pizza	<b>10</b> Sesame Chicken	<b>11</b> Chili	<b>12</b>
<b>13</b>	<b>14</b> Chicken Cilantro	<b>15</b> Bagelwich	<b>16</b> Spaghetti	<b>17</b> Chicken Fajita	<b>18</b> Italian Sub	<b>19</b>
<b>20</b>	<b>21</b> <i>No School</i>  <i>Martin Luther Kind Day</i>	<b>22</b> Meatball Sub	<b>23</b> Stromboli	<b>24</b> Chicken Pasta Primavera	<b>25</b> Fish Sandwich	<b>26</b>
<b>27</b>	<b>28</b> Chicken Quesadillas	<b>29</b> Meatloaf	<b>30</b> Baked Penne	<b>31</b> Chicken Pot Pie		
<i>Weekly Breakfast Menu</i>	<u>Monday</u> Muffins English Muffins	<u>Tuesday</u> Pancakes Sausage Patties	<u>Wednesday</u> Ham & Cheese Omelets Home Fries	<u>Thursday</u> French Toast Sticks or Waffles	<u>Friday</u> Bagels wheat or Cinnamon Raisin	