

**TUCKAHOE MIDDLE SCHOOL/
HIGH SCHOOL
LUNCH MENU
JANUARY 2018**



Monday	Tuesday	Wednesday	Thursday	Friday
Daily Specials				
<p><i>Milk Available :</i> 1%, Milk Fat Free Milk, Fat Free Chocolate Fat Free Strawberry <i>Fresh Fruit</i></p>	<p><i>DELI STATION:</i> Turkey, Ham, American , Swiss or Provolone Cheese. Choose from Whole Wheat Wraps, Sub or Flatbread</p>	<p><i>Student Lunch: \$2.85</i> <i>Reduced: \$.25</i> <i>Adult Lunch: \$3.63</i> <i>(plus tax)</i> <i>Monthly promotions</i> <i>& Free Samples</i></p>	<p><i>PIZZA STATION:</i> Cheese Pizza, Pepperoni Pizza, BBQ Chicken Pizza <i>Homemade Soup</i> <i>Available Everyday</i></p>	<p><i>FROM THE GRILL:</i> Cheeseburger, Hamburger, Chicken Patty, Chicken Nuggets <i>Lunch Service:</i> <i>11:10am —12:45pm</i></p>
<p>01 <i>NEW YEARS DAY!</i> <i>HAPPY NEW YEAR!</i> <i>School Resumes</i> <i>Tuesday, January 2nd</i></p>	<p>02 Welcome Back! Pasta with Sauce With Dinner Roll Chicken Parm Hero Steamed Green Beans Red Pepper Strips NY State Apple</p>	<p>03 BBQ Chicken Served with Biscuit Bacon Cheeseburger Seasoned Green Beans Cucumber Slices Oranges</p>	<p>04 Chicken Tenders with Honey Mustard Sauce Grilled Cheese & Bacon Seasoned Cauliflower Fresh Tomato Wedge Fresh Pears</p>	<p>05 Popcorn Chicken Mashed Potatoes Mac N' Cheese Black Beans Fresh Celery Sticks Oranges</p>
<p>08 Baked Ziti with Garlic Bread Chicken Ranch Wrap Mixed Vegetables Fresh Cucumber Slices Oranges</p>	<p>09 Roasted Chicken Gravy & Biscuit Chicken Tenders Sweet Golden Corn Tomato Wedges Fresh NY State Apple</p>	<p>10 Pepperoni or Chicken Stromboli Mozzarella Sticks with Marinara Sauce Steamed Green Beans Fresh Celery Sticks Pears</p>	<p>11 Chicken Enchilada served with Salsa Meatball Parm Hero Pinto Beans Steamed Carrots Bananas</p>	<p>12 Chicken & Waffles with Gravy & Biscuit Bacon Burger with Sautéed Onions Sweet Potato Fries Fresh Side Salad Grapes</p>
<p>15 <i>Martin Luther King</i> <i>Day Observed</i> <i>No School</i></p>	<p>16 BBQ Chicken Served with Biscuit Popcorn Chicken with Chipotle Sauce Seasoned Green Beans Cucumber Slices Oranges</p>	<p>17 Chicken Veggie Stir-fry Beef & Cheese Quesadilla Roasted Zucchini Tomato Wedges Fresh Grapes</p>	<p>18 Fish Sticks & 'Slaw Chicken Sub with Spicy Mayo Spread Sweet Golden Corn Fresh Celery Sticks Pears</p>	<p>19 Mac N' Cheese served with Biscuit Meatball Parm Hero Orange Glaze Carrots Red Pepper Strips Cantaloupe</p>
<p>22 Chicken Teriyaki with Egg Roll Fish Sandwich Seasoned Green Beans Creamy Coleslaw NY State Apple</p>	<p>23 Mozzarella Sticks with Marinara Sauce Bacon Cheese Burger, with Sautéed Onions Buttery Green Peas Cucumber Slices Fresh Pear</p>	<p>24 Baked Chicken Served with Biscuit Meatball Parm Hero Seasoned Green Peas Red Pepper Strips Cantaloupe</p>	<p>25 Taco Thursday! Taco Supreme with Lettuce, Tomato & Salsa Chicken Caesar Wrap Steamed Carrots Fresh Grapes</p>	<p>26 Roasted Turkey with Mashed Potato, and Gravy Baked Ziti Sweet Golden Corn Fresh Celery Sticks Banana</p>
<p>29 Mac N' Cheese Chicken Parm on Ciabatta Bread Mixed Vegetables Fresh Carrot Sticks NY State Apple</p>	<p>30 Chicken & Waffles with Gravy & Biscuit Bacon Cheeseburger Sweet Potato Fries Fresh Side Salad Grapes</p>	<p>31 Deep Dish Pizza Chicken Ranch Wrap Seasoned Green Beans Red Pepper Strips Banana</p>	<p>28 <i>Please let us</i> <i>know if you have</i> <i>any food</i> <i>allergy concerns.</i> <i>Thank you</i></p>	<p>29 <i>MENU'S ARE SUBJECT</i> <i>TO CHANGE WITHOUT</i> <i>NOTICE.</i> <i>EQUAL OPPORTUNITY</i> <i>EMPLOYER</i></p>