

JANUARY

2024

Menu

MS/HS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals served with a choice of milk: 1%, skim or fat-free chocolate	BREAKFAST PRICE PAID: \$1.75/1.85 REDUCED: \$.25	LUNCH PRICE: PAID: \$2.35/2.45 REDUCED: \$.25	ICE CREAM CUP: \$.60/.90 <i>*Ice cream is only available at MS/HS</i>	<i>*At both breakfast and lunch you must choose AT LEAST 3 OF THE 5 ITEMS to make a meal. One of these must be a fruit or veggie or you will be charged Ala Carte price.</i>
1 HOLIDAY RECESS	2 Meat and Bean Chilli W/ Tortilla Chips Broccoli Assorted Fruit	3 Turkey Chunks & Gravy Mashed Potatoes Corn or Veggie Medley Wheat Roll Assorted Fruit	4 Popcorn Chicken Ketchup for Dipping W/ Rice, Dinner Roll Carrots Assorted Fruit	5 Stuffed Crust Cheese Pizza Garlicky Green Beans Veggie Medley Assorted Fruit
8 Bacon Cheeseburger W/ Ketchup on Wheat Bun Refried Veg Beans Assorted Fruit	9 Chicken "Taco" & Cheese Sauce Over Nachos Southwest Corn Assorted Fruit	10 Cheesy-Filled Pizza Sticks W/ Marinara Dipper Savory Green Beans Assorted Fruit	11 Turkey Rice Bowl Teriyaki or Chipotle Sauce Or Chicken Patty on Bun Steamed Carrots Assorted Fruit	12 Homemade Square Pizza Cheese or Pepperoni Steamed Broccoli Assorted Fruit
15 MLK DAY	16 Walking Taco Corn chips, Seasoned Taco Meat W/ Cheese Refried Veg Beans Assorted Fruit	17 French Toast Sticks W/ Syrup Egg & Sausage Scramble Tator Tots Assorted Fruit	18 BBQ Rib or Chicken Patty on a Bun W/ Rice Steamed Carrots or Fresh Green Peppers Assorted Fruit	19 Stuffed Crust Cheese Pizza Garlicky Green Beans Veggie Medley Assorted Fruit
22 Cheeseburger W/ Ketchup on Wheat Bun Black & Veg Bean Black Beans & Rice Assorted Fruit	23 Chicken "Taco" & Cheese Sauce Over Nachos Southwest Corn Assorted Fruit	24 Turkey & Ham or Chicken Salad W/ Cheese, Lettuce & Tomato on a Sub Roll Steamed Carrots Assorted Fruit	25 Chicken Parmesan Or Chicken Patty On a Bun Roasted Broccoli Assorted Fruit	26 Homemade Square Pizza Cheese or Pepperoni Green Beans Assorted Fruit
29 Meat and Bean Chilli W/ Tortilla Chips Broccoli Assorted Fruit	30 Crispy Fish Patty W/ Cheese on a Wheat Bun Sweet Corn or Coleslaw Assorted Fruit	31 Turkey Chunks & Gravy Mashed Potatoes Corn or Veggie Medley Wheat Roll Assorted Fruit		



Breakfast Choices:

1% or Skim Milk, Juice or Fresh Fruit, Cereal, Muffin, or Various Heated Items

Sandwich Choice:

Tuna, Turkey, Cheese or PBJ W/ Cheese Stick or Hot Dog (Elementary Only)

Lunch Choices:

1%, Skim Milk or Fat-Free Chocolate

Extra Milk: \$.60
Extra Fruit or Veggie: \$.70

Carrot Sticks and Dinner Roll will be offered daily to high school students when not on menu.

Funds for extras may be added to your school bucks account, cash or checks: "USCS LUNCH FUND"



DELI BAR TO GO!

Freshly prepared sandwiches with assorted deli meats, cheese and accompaniments prepared daily on Whole Wheat Bread, Kaiser Roll or a Sub Roll. We also have JULIENNE SALADS!

*School Will Vary in Options/Menus May Vary *If there is a delay in the start of school, breakfast will not be served.

*If you have any concerns please contact Kathy Smith at (315) 889-4120.

JANUARY

2024

Menu

ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals served with a choice of milk: 1%, skim or fat-free chocolate	BREAKFAST PRICE PAID: \$1.75/1.85 REDUCED: \$.25	LUNCH PRICE PAID: \$2.35/2.45 REDUCED: \$.25		*At both breakfast and lunch you must choose AT LEAST 3 OF THE 5 ITEMS to make a meal. One of these must be a fruit or veggie or you will be charged Ala Carte price.
1 HOLIDAY RECESS	2 Meat and Bean Chilli W/ Tortilla Chips Broccoli Assorted Fruit	3 Turkey Chunks & Gravy Mashed Potatoes Corn or Veggie Medley Wheat Roll Assorted Fruit	4 Popcorn Chicken Ketchup for Dipping W/ Rice, Dinner Roll Carrots Assorted Fruit	5 Stuffed Crust Cheese Pizza Garlicky Green Beans Veggie Medley Assorted Fruit
8 Bacon Cheeseburger W/ Ketchup on Wheat Bun Refried Veg Beans Assorted Fruit	9 Chicken "Taco" & Cheese Sauce Over Nachos Southwest Corn Assorted Fruit	10 Cheesy-Filled Pizza Sticks W/ Marinara Dipper Savory Green Beans Assorted Fruit	11 Turkey Rice Bowl Teriyaki Sauce Steamed Carrots Assorted Fruit	12 Homemade Square Cheese Pizza Steamed Broccoli Assorted Fruit
15 MLK DAY	16 Walking Taco Corn chips, Seasoned Taco Meat W/ Cheese Refried Veg Beans Assorted Fruit	17 French Toast Sticks W/ Syrup Egg & Sausage Scramble Tator Tots Assorted Fruit	18 Crispy Fish Patty on a Bun Steamed Carrots or Fresh Green peppers Assorted Fruit	19 Stuffed Crust Cheese Pizza Garlicky Green Beans Veggie Medley Assorted Fruit
22 Cheeseburger W/ Ketchup on Wheat Bun Black & Veg Bean Assorted Fruit	23 Chicken "Taco" & Cheese Sauce Over Nachos Southwest Corn Assorted Fruit	24 Turkey & Ham W/Cheese, Lettuce & Tomato on a Sub Roll Steamed Carrots Assorted Fruit	25 Crispy Chicken Patty on a Bun Roasted Broccoli Assorted Fruit	26 Homemade Square Cheese Pizza Steamed Broccoli Assorted Fruit
29 Meat and Bean Chilli W/ Tortilla Chips Broccoli Assorted Fruit	30 Crispy Fish Patty W/ Cheese on a Wheat Bun Sweet Corn or Coleslaw Assorted Fruit	31 Turkey Chunks & Gravy Mashed Potatoes Corn or Veggie Medley Wheat Roll Assorted Fruit		



Breakfast Choices:

1% or Skim Milk, Juice or Fresh Fruit, Cereal, Muffin, or Various Heated Items

Sandwich Choice:

Tuna, Turkey, Cheese or PBJ W/ Cheese Stick or Hot Dog (Elementary Only)

Lunch Choices:

1%, Skim Milk or Fat-Free Chocolate

Extra Milk: \$.60

Extra Fruit or Veggie: \$.70

Funds for extras may be added to your school bucks account, cash or checks: "USCS LUNCH FUND"



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