



# January 2024

## Syosset Middle Schools LUNCH MENU

Powering  
potential.

### Available Daily

- Sunflower Seed Butter & Jelly Sandwich on sliced bread V
- Bagel meal: Fresh NY Bagel w/ 2 cheese sticks OR 1 Chobani Yogurt & 1 cheese stick V
- Yogurt Parfait with fresh fruit and granola\* V
- Hummus Platter V with Flatbread & Carrots

### Hot Daily Entrée's

- Grilled Cheese V
- Chicken Tenders\*
- Hamburgers/Cheeseburgers
- Breaded Chicken Sandwich
- Spicy Breaded Chicken Sandwich
- Cheese Pizza V
- Pizza of the Day



MON	TUES	WED	THURS	FRI
<b>1</b> <b>New Year's Day</b> <b>School Closed</b>	<b>2</b> Cheesy Stuffed Breadsticks V Turkey Chef Salad* Pear Celery	<b>3</b> French Toast with Syrup & Chicken Sausages Chicken Caesar Salad* Apple Slices Romaine Salad <b>New!</b>	<b>4</b> Santa Fe Turkey Nachos with Cheese Sauce & Salsa Turkey Chef Salad* Orange "cuties" Roasted Red Potatoes	<b>5</b> Buffalo Chicken Pizza Chicken Caesar Salad* Apple Slices Vegetarian Beans
<b>8</b> Chicken Drumstick* Chicken Caesar Salad* Apple Slices Steamed Carrots	<b>Limited Time Offer</b> <b>9</b> Turkey Barbacoa Birria Quesadilla Turkey Chef Salad* Pear Roasted Red Potatoes	<b>10</b> Buffalo Chicken Dip Platter with Scoops & Celery Chicken Caesar Salad* Apple Slices Celery	<b>Limited Time Offer</b> <b>11</b> Turkey Barbacoa Birria Quesadilla Turkey Chef Salad* Orange "cuties" Spinach Salad	<b>12</b> Spicy Pepperoni Stromboli (P) Chicken Caesar Salad* Apple Slices Chickpea Salad
<b>15</b> <b>Martin Luther King Jr. Day</b> <b>School Closed</b>	<b>16</b> Mozzarella Sticks V Turkey Chef Salad* Pear Celery	<b>17</b> Egg Roll in a Bowl Chicken, Fresh Veggies, House-made Duck Sauce, & Crispy Tortilla Strips Chicken Caesar Salad* Apple Slices Romaine Salad	<b>18</b> Penne Pasta with Chicken Meatballs* Turkey Chef Salad* Orange "cuties" Roasted Red Potatoes	<b>19</b> Meat Lovers Calzone (P) (Pepperoni Beef, & Sausage) Chicken Caesar Salad* Apple Slices Vegetarian Beans
<b>22</b> Chicken Nuggets* Chicken Caesar Salad* Apple Slices Celery	<b>23</b> Chicken Drumstick* Turkey Chef Salad* Pear Red Peppers	<b>24</b> BBQ Pulled Pork Sandwich on a Kaiser Roll Chicken Caesar Salad* Apple Slices Spinach Salad	<b>25</b> Turkey Soft Tacos with Shredded Cheddar & Lettuce Turkey Chef Salad* Orange "cuties" Roasted Red Potatoes	<b>26</b> Pepperoni Pizza (P) Chicken Caesar Salad* Apple Slices Chickpea Salad
<b>29</b> French Toast with Syrup & Chicken Sausage Chicken Caesar Salad* Apple Slices Sweet Potatoes	<b>30</b> Chicken Nachos with Cheese Sauce & Salsa Turkey Chef Salad* Pear Cucumbers	<b>31</b> Homemade Macaroni & Cheese* V Chicken Caesar Salad* Apple Slices Romaine Salad	<div>  Indicates Fresh Produce           </div> <div>  Denotes item prepared from Scratch or Speed Scratch           </div>	

Menus are subject to change.

**Daily Fruit Offerings:** Apple Orange Pear  
 100% Apple Juice or 100% Fruit Punch  
**Daily Vegetable Offerings:** Baby Carrots Celery  
 French Fries, Tater Tots, or Red Potatoes

Please Note: All Grains are Whole Grain unless otherwise noted, (P) denotes item may contain pork, V denotes Vegetarian option, (\*) denotes item offered with WG dinner roll(s)

Meal Price: \$2.90  
 Free/Reduced Students eat free!  
 Adult Lunch Price: \$5.02

All Lunches Must Include Choice of:  
 Fruits and/or  
 Vegetable  
 And May Include:  
 Fat Free Milk, 1% Low-Fat Milk  
 (White or Chocolate)

**aramark**  
 STUDENT  
 NUTRITION

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 opportunity providers