

MED Breakfast \$1.45  
 MED Lunch \$2.90  
 MS/HS Breakfast \$1.45  
 MS/HS Lunch \$2.90  
 Reduced Meals \$.25  
 Milk \$.60  
 Chips \$.75  
 Ice Cream \$.80

# MED Lunch Menu



## January 2019

**Menu is Subject To Change w/out notice**

Daily Sandwich Choices:  
 Mon: Tuna  
 Tue: Ham Sandwich  
 Wed: Turkey & Cheese  
 Thurs: Ham Sandwich  
 Friday: Turkey Sandwich

**Available Daily**  
 Grab & Go Salads  
 Peanut Butter & Jelly

Milk Available daily  
 Fat Free Chocolate  
 1% Milk  
 Skim

Prepayment of meals is always available. Free / Reduced applications are always available in the cafeteria.

Questions for the cafeteria please call Barbara Murray, Food Service Supervisor at 392-1536 or email at [murrayb@chatham.k12.ny.us](mailto:murrayb@chatham.k12.ny.us)

**PLEASE NOTE:  
 THERE IS NO CHARGING OF ANY ALACARTE ITEMS INCLUDING MILK**

| Mon   | Tue   | Wed  | Thu  | Fri   |
|---|---|--|--|---|
|   | <b>1<br/>No School<br/>Happy New Year</b>   | <b>2<br/>No School<br/>Holiday Recess</b>  | <b>3<br/>General Tso's Chicken over Brown Rice<br/>Broccoli<br/>Fruit<br/>Milk</b>   | <b>4<br/>Stuffed Crust Pizza<br/>Tossed Salad<br/>Carrot Sticks<br/>Fruit<br/>Milk</b>        |
| <b>7<br/>Chicken Nuggets with Brown Rice<br/>Roasted Cauliflower<br/>Fruit<br/>Milk</b>               | <b>8<br/>Mozzarella Sticks with Sauce &amp; Roll<br/>Broccoli<br/>Fruit &amp; Milk<br/><i>MED Ski Club<br/>PTA meeting 6:30</i></b> | <b>9<br/>Popcorn Chicken Bowl with Gravy<br/>And a roll<br/>Corn<br/>Fruit &amp; Milk<br/><i>School banking</i></b>                                  | <b>10<br/>Turkey Bacon Cheddar wrap<br/>Baked Beans<br/>Fruit<br/>Milk</b>   | <b>11<br/>Cheese or Pepperoni Pizza<br/>Tossed Salad<br/>Carrot Sticks<br/>Fruit<br/>Milk</b> |
| <b>14<br/>Warm Ham &amp; Cheese on a Bagel<br/>Au Gratin Potatoes<br/>Broccoli<br/>Fruit<br/>Milk</b> | <b>15<br/>MED<br/>Early Dismissal 11:15 am<br/>No Lunches Served</b>  | <b>16<br/>Chicken Patty on a whole wheat bun<br/>Baked Beans<br/>Fruit<br/>Milk</b>  | <b>17<br/>Baked Ziti w/ Meatballs &amp; Roll<br/>Green Beans<br/>Fruit &amp; Milk<br/><i>MED Gr 4 Concert 6pm<br/>MED Gr 5 Concert 7pm<br/>Both @ CHS Auditorium</i></b> | <b>18<br/>Cheese or Pepperoni Pizza<br/>Tossed Salad<br/>Carrot Sticks<br/>Fruit<br/>Milk</b> |
| <b>21<br/>No School<br/>Martin Luther King, Jr Day</b>  | <b>22<br/>Chicken Nuggets with Brown Rice<br/>Green Beans<br/>Fruit<br/>Milk</b>  | <b>23<br/>Cheeseburger on a whole wheat bun w/pickles, lettuce<br/>Baked Beans<br/>Fruit<br/>Milk</b>  | <b>24<br/>Oven Roasted Turkey with Gravy &amp; Roll<br/>Oven Roasted Potatoes<br/>Fruit<br/>Milk</b>   | <b>25<br/>Tony's 5in Round Pizza<br/>Tossed Salad<br/>Carrot Sticks<br/>Fruit<br/>Milk</b>    |
| <b>28<br/>Chicken Nuggets with Brown Rice<br/>Green Beans<br/>Fruit<br/>Milk</b>                      | <b>29<br/>Italian Dunkers with Sauce<br/>Broccoli<br/>Fruit<br/>Milk</b>  | <b>30<br/>Chicken Fajitas with 2 Wraps, Cheese, Sour Cream, Salsa<br/>Peppers &amp; Onions<br/>Spanish Rice<br/>Black Beans<br/>Fruit &amp; Milk</b> | <b>31<br/>Brunch For Lunch<br/>French Toast Sticks<br/>Sausage<br/>French Fries<br/>Fruit<br/>Milk</b>   |   |