

Thanks to USDA  
All meals are free  
to all students at  
Chatham CSD!  
That's right it  
cost you nothing  
to eat at school!  
Why not give us  
a try!

**Dietary Needs**

If your child has an allergy we offer many alternatives to the menu item. We have gluten free items, dairy free items, peanut free options and even some vegetarian options. Please call for more information.

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

**Daily Alternative**

Peanut Butter & Jelly

Milk Available daily  
Fat Free Chocolate  
1% Milk

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

# MED Lunch Menu



## January 2021

Mon	Tue	Wed	Thu	Fri
<p>Is your child learning fully remote or hybrid. We still have meal pick ups available Mon, Tues and Thurs from 11-12. in front of MED. Can't come for a daily pick up we can provide meals for 3 or 5 days at a time. Contact the Food Service Supervisor for more information 518-392-1536 murrayb@chatham.k12.ny.us It's free for all students ages 5-18 in the district! Why not give us a try!</p>				<p>1 No School Happy New Year!</p>
<p>4 Chicken Nuggets With Rice Corn Fruit Milk</p>	<p>5 Cheeseburger on a whole wheat bun Baked Beans Fruit Milk</p>	<p>6 Toasted cheese Tomato Soup Goldfish Crackers Celery Sticks Fruit &amp; Milk</p>	<p>7 Chicken &amp; Cheese wrap with ranch on the side Broccoli Fruit &amp; Milk</p>	<p>8 Pizza Crunchers With dinner roll Steamed Carrots Fruit Milk</p>
<p>11 Chicken Nuggets With Rice Green Beans Fruit Milk</p>	<p>12 Tacos Taco Meat, chips, sour cream, salsa, lettuce, cheese Black Beans Fruit &amp; Milk</p>	<p>13 Italian Dunkers with dipping sauce Broccoli Fruit Milk</p>	<p>14 Chicken Patty on a whole wheat bun Corn Fruit Milk</p>	<p>15 Pizza Crunchers With dinner roll Steamed Carrots Fruit Milk</p>
<p>18 No School Martin Luther King Jr. Day</p>	<p>19 Mozzarella Sticks with Sauce &amp; Roll Broccoli Fruit Milk</p>	<p>20 Grilled Chicken Sandwich w/dipping sauce on the side French Fries Fruit Milk</p>	<p>21 BBQ Pulled Pork Sub Baked Beans Fruit Milk</p>	<p>22 Pizza Crunchers With dinner roll Steamed Carrots Fruit Milk</p>
<p>25 Chicken Nuggets With Rice Green Beans Fruit Milk</p>	<p>26 Chicken Fajitas 2 Soft wraps with chicken, cheese, peppers, onions, sour cream and salsa Black Beans, Fruit, Milk</p>	<p>27 Panther Sandwich For Lunch! Sausage, Egg, Cheese on a bun Corn, Fruit, Milk</p>	<p>28 Pasta &amp; Meatballs With a roll Broccoli Fruit Milk</p>	<p>29 Pizza Crunchers With dinner roll Steamed Carrots Fruit Milk</p>