

January 2017

COOPERSTOWN CENTRAL SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>3</p> <p>Yogurt Parfait HAM & CHEESE PANINI Spinach & Tomato Fresh Fruit/Fruit Cup</p>	<p>4</p> <p>Fresh Muffin BRUNCH FOR LUNCH FrenchToast (HS) Pancakes (ES) Sausage & Egg Patty Baby carrots, Fruit/Juice</p>	<p>5</p> <p>Breakfast Pizza PASTA DAY W / MEATBALLS Tossed Salad/Dinner Roll Fresh Fruit/Fruit Cup</p>	<p>6</p> <p>French Toast Sticks CALZONE Tossed Salad Corn Cookie/Fruit</p>
<p>9</p> <p>Yogurt Parfait HAMBURGER/CHEESEBURGER Oven Baked Fries Tomato Mozzarella Salad Fresh Fruit/Fruit Cup</p>	<p>10</p> <p>Mini Pancakes CHICKEN & BISCUITS Mashed Potatoes/Gravy Green beans Fruit Cup/Fresh Fruit</p>	<p>11</p> <p>Breakfast Pizza TACOS W/SEASONED RICE Asst'd Toppings/Corn Black Bean Salad Fresh Fruit/FruitCup</p>	<p>12</p> <p>Fresh Muffin GRILLED CHEESE Tomato Soup Veggie Sticks Fresh Fruit/Fruit Cup</p>	<p>13</p> <p>Breakfast on a Stick FRENCH BREAD PIZZA Tossed Salad broccoli Fresh Fruit/Fruit Cup</p>
<p>16</p> 	<p>17</p> <p>Fruit & Yogurt Parfaits TACOS W/SEASONED RICE Asst'd Toppings Black Bean & Corn Salad Fresh Fruit/FruitCup</p>	<p>18</p> <p>Fresh Muffin MEATBALL SUB Glazed Carrots Fresh Fruit/Fruit Cup</p>	<p>19</p> <p>Breakfast on a Stick CHICKEN ALFREDO Broccoli Fruited Jello Cup/Fresh Fruit</p>	<p>20</p> <p>Pancakes PIZZA-PLAIN OR PEPPERONI Tossed Garden Salad Chocolate Chip Cookie Fresh Fruit or Fruit Cup</p>
<p>23</p> <p>Bagel w/Cream cheese CHICKEN NUGGETS Pasta Salad Black Bean Salad Fresh Fruit/Fruit Cup</p>	<p>24</p> <p>French Toast BAKED ZITI Meat or Meatless Tossed Salad/Bread Stick Fresh Fruit/Fruit Cup</p>	<p>25</p> <p>Breakfast Pizza BRUNCH FOR LUNCH FrenchToast (hs) Pancakes (ES) Sausage & Egg Patty Baby carrots, Fruit/Juice</p>	<p>26</p> <p>Fresh Muffin HAMBURGER/CHEESEBURGER Oven Baked Fries Coleslaw Fresh Fruit/Fruit Cup</p>	<p>27</p> <p>Pancakes FRENCH BREAD PIZZA Tossed Salad Niblet Corn Fresh Fruit/Fruit Cup</p>
<p>30</p> <p>Breakfast Pizza CHICKEN OR FISH ON BUN ES- F. Fries HS-Scalloped Carrots Fruit Cup/Fresh Fruit</p>	<p>31</p> <p>Pancakes FRENCH BREAD PIZZA Tossed Salad Niblet Corn Cookies/Fruit</p>	<p>Daily Options Available Asst'd Sandwiches/Wraps Chef Salad/Salad Bar Fresh Fruit Offered Daily Menu Subject to Change</p>	<p>Milk Offered Skim White Milk 1% White Milk Skim Chocolate</p>	