### Breakfast Menu

**Monday**
- Cereal Bowls 1oz.
- Fresh NY Apple 1/2 cup
- Milk 8 oz.

**Tuesday**
- Blueberry Muffin 2.5oz.
- Diced Peaches 1/2 cup
- Milk 8 oz.

**Wednesday**
- Waffles 1 oz.
- Applesauce 1/2 cup
- Fresh Strawberries 1/2 cup
- Milk 8 oz.

**Thursday**
- Bagel 2.3 oz.
- Cream Cheese 1 oz
- Fresh Strawberries 1/2 cup
- Milk 8 oz.

**Friday**
- Yogurt 1/2 cup
- Graham Crackers 1 oz.
- Orange Juice 4 oz.
- Milk 8 oz.

### MEALS THAT MATTER

#### Breakfast Meal
- Serving Sizes:
  - Milk 8 oz.
  - Fruit or Vegetable 1/2 cup
  - Whole Grains/Bread 1 oz.
  - Yogurt 1/2 cup

#### Lunch Meal
- Serving Sizes:
  - Milk 8 oz.
  - Fruit/vegetable 3/4 cup
  - Whole Grains/Bread 1 oz.
  - Protein 2 oz.

- **Cheese Sandwich or Peanut Butter/Jelly available upon request.**

- **Menu subject to change.**

1. Ham and Cheese 1oz/1oz
   - Sandwich Bun 1 oz.
   - Baby Carrots 1/2 cup
   - Milk 8 oz.

2. Turkey and Cheese 1oz/1oz
   - Sandwich Bun 1 oz.
   - Grape Tomatoes 1/4 cup
   - Peach 1/2 cup
   - Milk 8 oz.

3. Mac and Cheese 1 cup
   - Broccoli 1/4 cup
   - Fruit Cocktail 1/2 cup
   - Milk 8 oz.

4. Ham and Cheese 1 oz
   - Bun 1 oz.
   - Green Beans 1/4 cup
   - Cling Peaches 1/2 cup
   - Milk 8 oz.

5. Turkey Cranberry Salad
   - Turkey 2 oz.
   - Romaine, Cucumber, Broccoli, Celery, Tomato 3/4 cup
   - Fruit Cocktail 1/4 cup
   - Milk 8 oz.

6. Chicken Patty 3 oz
   - w/Bun 1 oz.
   - Green Beans 1/4 cup
   - Cling Peaches 1/2 cup
   - Milk 8 oz.

7. Tuna Chef Salad
   - Tuna 2 oz.
   - Romaine, Cucumber, Broccoli, Celery, Tomato 3/4 cup
   - Orange Slices 1/4 cup
   - Bread Stick 1 oz.
   - Milk 8 oz.

8. French Toast Sticks 4 piece
   - Bagel 2 oz.
   - Mixed Fruits 1/2 cup
   - Milk 8 oz.

9. Chicken Nuggets 5 piece
   - BBQ Sauce 1 oz.
   - Corn 1/4 cup
   - Fresh NY Apple 1/2 cup
   - Milk 8 oz.

10. Bosco Bread Sticks 2 piece
    - Marinara Sauce 1/4 cup
    - Watermelon 1/2 cup
    - Milk 8 oz.

11. Chicken Tenders 3 piece
    - Broccoli 1/2 cup
    - Fresh NY Apple
    - Milk 8 oz.

12. Beef Burger 2.5 oz
    - Bun 1 oz.
    - French Fries 1/2 cup
    - Applesauce 1/4 cup
    - Milk 8 oz.

13. Beef Nachos 2 oz
    - Cheddar Cheese 1 oz
    - Corn Chips 1 oz
    - Diced Tomato 1/4 cup
    - Diced Peaches 1/2 cup
    - Milk 8 oz.

14. BBQ Chicken Wrap
    - Chicken 2 oz
    - Cheddar Cheese 1 oz
    - Corn Chips 1 oz
    - Lettuce, Tomato 1/2 cup
    - Milk 8 oz.

15. Mandarin Chicken 2 oz
    - Vegetable Egg Roll 1/2 cup
    - Fortune Cookie
    - Orange Slices 1/4 cup
    - Milk 8 oz.

16. BBQ Pulled Pork 2 oz
    - Bun 1 oz
    - Cole Slaw 1/4 cup
    - Fruit Cocktail 1/2 cup
    - Milk 8 oz.

17. Chicken Nuggets 5 piece
    - BBQ Sauce 1 oz
    - Broccoli 1/4 cup
    - Watermelon 1/2 cup
    - Milk 8 oz.

18. Chicken Fiesta Salad
    - Chicken 2 oz
    - Lettuce, Corn, Black Beans, Tomato 3/4 cup
    - Corn Chips 1 oz
    - Watermelon Cubes 1/2 cup
    - Milk 8 oz.

19. Mandarin Chicken 2 oz
    - Vegetable Egg Roll 1/2 cup
    - Orange Slices 1/4 cup
    - Milk 8 oz.

20. Rotini Pasta 1/2 cup
    - Beef Meatballs 2 oz (4)
    - Mozzarella Cheese 1 oz
    - Green Beans 1/2 cup
    - Fresh NY Apple 1/2 cup
    - Milk 8 oz.

### Questions, Comments, Suggestions?
- Please call Larry Anthony, FSD:
  - 518.398.7181
  - Ext. 1351

### Allergy Alerts!
- Some menu items may contain tree nuts and or seeds.

### Free and Reduced Lunch Applications are available in your school office and on the school web page.

### Meal Prices
- **Breakfast:** No Charge | Reduced: No Charge
- **Lunch:** No Charge | Reduced: No Charge
- All Meals include Local Hudson Valley Fresh Milk

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**JULY 2020**

**Red Hook CSD**

**MEALS THAT MATTER**

**DID YOU KNOW?**

- MySchoolBucks.com makes meal payment convenient and simple! You can manage your students account and make payments online.

- Allergy Alerts! Call for details.

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- WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER

- Employment Opportunities Available!!!