

JANUARY 2021

K-5 Mill Road

Meal Prices

Breakfast: No Charge **Reduced: No Charge**
Lunch: No Charge **Reduced: No Charge**
Hudson Valley Fresh Milk \$0.60

	Monday <small>(MEATLESS)</small>	Tuesday	Wednesday	Thursday	Friday	
BREAKFAST : Three Components Served Daily. Grain 1 oz. Fruit 1/2 cup Low Fat Milk 8 oz.	*CHOOSE A MEAL* BREAKFAST					<i>DID YOU KNOW?</i> MySchool-Bucks.com makes meal payment convenient and simple! You can manage your student's account and make payments online.
	WG English Muffin Fresh Orange Wedges Low Fat Milk	WG Cheerios Fresh Apple Low Fat Milk	Low Fat Yogurt Graham Crackers Diced Peaches Low fat Milk	WG Bagel Applesauce Low Fat Milk	Graham Crackers Diced Pears Low Fat Milk	
	LUNCH MENU					
LUNCH: Five Components Served Daily: Protein 2 oz. Whole Grains 1 oz. Vegetables 1/2 cup Fruit 1/2 cup Milk 8 oz.	Order Meals for Curbside Pickup at: schoolmeals@rhcsd.org	Menu subject to change due to Product availability and circumstances beyond our control.	Every Day Vegetarian Option: Peanut Butter/Jelly or American Cheese Sandwich	<div style="background-color: #ADD8E6; padding: 5px; text-align: center; font-size: 2em; font-weight: bold;">W</div>	1 New Year's Day	Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds.
	4 WG Bosco Breadsticks Fresh Carrot Pack Fresh NY Apple Milk	5 WG Chicken Nuggets BBQ Sauce Potato Fries Cling Peaches, Milk	6 Cheeseburger w/WG Bun, Dill Pickle Steamed Corn Applesauce, Milk	7 Hot Dog on a WG Bun Baked Beans Diced Pears Milk	8 WG Chicken Tenders BBQ Sauce Steamed Broccoli Fruit Cocktail, Milk	
Free and Reduced Lunch Applications are available in your school office and on the school web page.	11 WG Mini Pizza Crunchers Steamed Green Beans Applesauce Cup, Milk	12 Twin Pork Corn Shell Tacos Seasoned Corn Fruit Cocktail Milk	13 Sweet and Sour Chicken Steamed Couscous Vegetable Egg Roll Diced Pears, Milk	14 WG Chicken Drumstick Steamed Broccoli NY Apple, Milk	15 Cheeseburger w/WG Bun, Dill Pickle Seasoned Fries Cling Peaches, Milk	Questions, Comments Please call: Larry Anthony, FSD 518.398.7181 Ext. 1351
	18 Martin Luther King Day	19 WG Chicken Tenders Steamed Green Beans Applesauce Cup Milk	20 Oven Roasted Chicken WG Bread Stick Crinkle Cut Potatoes Diced Pears, Milk	21 WG Mozzarella Sticks Marinara Sauce Baby Carrots NY Apple, Milk	22 WG Popcorn Chicken Steamed Corn Diced Peaches Milk	
25 WG Lasagna Roll UP Steamed Green Beans NY Apple Milk	26 Hot Dog on a WG Bun Baked Beans Orange Wedge Milk	27 Cheeseburger w/WG Bun Dill Pickles Oven Fried Potatoes Fruit Cocktail, Milk	28 Chicken Patty w/Bun Steamed Broccoli Diced Pears Milk	29 BBQ Pulled Pork w/WG Bun Baby Carrots Juicy Peaches, Milk	WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER . Employment Opportunities Available!!!	