



# Edmeston Central School January 2016



Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL!	3 C CHIP OR BLUEBERRY MUFFIN  CHICKEN PATTY ON W/W BUN MULTIGRAIN GARLIC SPIRALS STEAMED SWEET CORN MIXED GREEN SALAD	4 EGG AND CHEESE BAGEL  HAMBURGER OR CHEESEBURGER ON WHEAT BUN <b>LOCAL FRANCONIA POTATOES</b> ROASTED GREEN BEANS CAESAR SALAD	5 BACON + CHEESE MUFFIN  CHEESE OR HOT WING PIZZA STEAMED SWEET CORN GREEK SALAD <b>ECS CHICK PEA SALAD</b> <b>ECS BRAISED MIXED GREENS</b>	6 HOT HAM + CHEESE BAGEL  ROAST TURKEY AND GRAVY <b>LOCAL MASHED POTATOES</b> ROASTED CARROTS MIXED GREEN SALAD <b>ECS MULTI GRAIN BREAD</b>
9 PANCAKES AND SAUSAGE  CHICKEN NUGGETS <b>ECS HOT GERMAN POTATO SALAD</b> <b>ECS ZUCCHINI AND TOMATOES</b> GREEK SALAD BREAD PUDDING	10 HOT HAM + CHEESE BAGEL  CHEESE PIZZA OR HAM +CHEESE STROMBOLI W/ MARINARA SAUCE STEAMED SWEET CORN MIXED GREEN SALAD BAKED BEANS	11 SAUSAGE+CHEESE MUFFIN  LASAGNA WITH MEAT OR SAUSAGE AND CHEESE ROLL <b>BLACK BEAN SALAD W/ ECS PEPPERS</b> ROASTED GREEN BEANS CAESAR SALAD	12 EGG AND CHEESE BAGEL  TOMATO OR BROCCOLI AND CHEESE SOUP TOASTED CHEESE SANDWICHES CUCUMBER SALAD <b>ECS HARVEST SALAD</b>	13 BACON AND CHEESE MUFFIN <b>ASIAN DAY</b> CHICKEN STIR FRY OR TOFU GREEN CURRY BROWN RICE ROASTED BROCCOLI SPRING ROLLS W/ PEANUT SAUCE MIXED GREEN SALAD
16 <b>MARTIN LUTHER KING JR. DAY</b>  NO SCHOOL!	17 C. CHIP / BLUEBERRY MUFFIN  CHICKEN NUGGETS W/ <b>LOCAL BAKED POTATO</b> ROASTED CAULIFLOWER MIXED GREEN SALAD <b>ECS BERRY+ RHUBARB CRISP</b>	18 EGG AND CHEESE MUFFIN  MACARONI AND CHEESE OR CHICKEN QUESADILLA W/ SALSA ROASTED SWEET POTATOES <b>ECS ZUCCHINI AND TOMATOES</b> CAESAR SALAD	19 SAUSAGE+CHEESE BAGEL  BEEF OR CHICKEN HARD TACOS SHREDDED LETTUCE SHREDDED CHEESE SALSA/ BROWN RICE <b>ECS CORN BREAD</b> <b>ECS BLACK BEAN SALSA</b>	20 HOT HAM + CHEESE BAGEL  ECS MEATBALLS W/ PENNE MULTI GRAIN PASTA AND SAUCE ROASTED GREEN BEANS GREEK SALAD W/W GARLIC BREAD
23 CHOC. CHIP OR BLUEBERRY MUFFIN	24 EGG AND CHEESE BAGEL  CHEESE PIZZA OR SAUSAGE + CHEESE STROMBOLI AND SAUCE STEAMED CORN <b>ECS HARVEST SALAD</b>	25 SAUSAGE CHEESE MUFFIN  <b>MIDDLE EASTERN DAY</b> LEMON DICED CHICKEN EGG NOODLES <b>ECS-HUMMUS</b> + PITA BREAD ROASTED GREEN BEANS GREEK SALAD	26 HOT HAM +CHEESE BAGEL  ROAST TURKEY AND GRAVY <b>LOCAL MASHED POTATOES</b> <b>ECS COUNTRY WHEAT BREAD</b> ROASTED CARROTS <b>ECS HARVEST SALAD</b> APPLE CRISP	27 BACON AND CHEESE MUFFIN  HAMBURGER OR CHEESEBURGER ON WHEAT BUN <b>LOCAL FRANCONIA POTATOES</b> MIXED GREEN SALAD <b>ECS CHICK PEA SALAD W/ ECS PEPPERS</b>
30 PANCAKES AND SAUSAGE  POPCORN CHICKEN BOWL MASHED POTATO +GRAVY +CORN ROASTED CAULIFLOWER GREEK SALAD W/W DINNER ROLLS	31 HOT HAM +CHEESE BAGEL BEEF OR CHICKEN HARD TACOS SHREDDED LETTUCE SHREDDED CHEESE SALSA/ BROWN RICE <b>ECS CORN BREAD</b> <b>ECS BLACK BEAN SALSA</b>	<p><b>BREAKFASTS....</b> AT E.C.S. INCLUDE MEAT (OR MEAT ALTERNATE), BREAD, MILK, FRUIT</p> <p><b>LUNCHES....</b>INCLUDE MEAT (OR MEAT ALTERNATE), BREAD, FRUIT, VEGETABLE, MILK</p> <p><b>MENUS....</b> ARE SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF PRODUCTS</p>		