



# WESTERN SUFFOLK BOCES MS / JH / HS LUNCH MENU JANUARY 2026



**FREE BREAKFAST  
AND LUNCH FOR  
Every Student.  
Every Day.**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## PIZZA FRIDAY

**SCHOOLS CLOSED**

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**5**  
**WELCOME BACK**  
Hamburger/Cheeseburger  
on WW Bun  
Oven Baked Sweet  
Potato Fries

**6**  
Breaded Chicken Patty  
Parmesan-style Sandwich  
Green Beans

**7**  
Cheesy Filled Twisted  
Breadsticks served with  
Marinara Sauce  
Garlicky Broccoli

**8**  
Taco served with fixings  
Seasoned Vegetarian  
Baked Beans  
Steamed Rice

**9**  
Cheese Pizza  
Sweet Corn Salad



**12**  
Mac & Cheese Bites served  
with Marinara Sauce  
Garlicky Green Beans

**13**  
**CHICKEN 'N WAFFLES**  
Crispy Popcorn Chicken  
served over  
WG Waffle, Syrup  
Tossed Salad with Dressing

**14**  
Hotdog on a WW Bun  
Seasoned Broccoli  
Oven Baked French Fries

**15**  
Breaded Chicken Tenders  
served with BBQ  
or Honey Mustard  
Vegetarian Baked Beans

**16**  
Cheese Pizza  
Crunchy Carrots

**19**  
  
**SCHOOLS CLOSED**

**20**  
Breaded Chicken Patty with  
Sliced American on WW Bun  
Oven Baked Sweet  
Potato Fries

**21**  
Cheesy Bites served  
with Marinara  
Sauce Steamed Broccoli

**22**  
Hamburger/Cheeseburger  
on WW Bun  
Seasoned Beans

**23**  
Cheese Pizza  
Sautéed Spinach

**26**  
Cheesy Mozzarella Sticks  
served with Marinara Sauce  
Garlicky Green Beans

**27**  
Breaded Chicken Tenders  
served with Dipping Sauce  
Tossed Salad with Dressing

**28**  
Hotdog on a WW Bun  
Seasoned Broccoli  
Oven Baked French Fries

**29**  
House made Chili  
Seasoned Kidney Beans  
Tortilla Chips

**30**  
Cheese Pizza  
Crunchy Carrots

### MEAL COMPONENTS

#### Meat/Meat alternative:

1 oz daily  
9 oz weekly

#### Whole Grain:

1 oz daily  
8 oz weekly

#### Vegetable:

3/4 cup daily

#### Fruit :

1/2 cup daily

#### Milk :

8 oz milk choice

Low fat/Non-fat/Non-fat Chocolate

#### USDA REGULATIONS:

Students must take three out of  
five components.

One of which must be a fruit or  
vegetable.

### DAILY OFFERINGS

- ✓ American Cheese sandwich
- ✓ Sun butter & Jelly
- ✓ Cold Cut Sandwich

Fruit & milk choice  
offered daily

Gluten-free & vegetarian  
options available upon  
request with advance notice

\*All additional offerings  
are based on availability\*

12/01/2025

Menu subject to change based on item availability  
This institution is an equal opportunity provider and employer

