



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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1



2

SCHOOLS CLOSED

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*

