



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**  
Baked Mozzarella Sticks  
served with Marinara Sauce  
Garlicky Green Beans

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

**14**  
Cheesy Lasagna Rollup  
served with  
Cracker  
Seasoned Broccoli

**15**  
Hotdog served on  
a WW Bun  
Vegetarian Baked Beans  
Oven Baked French Fries

**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 Filled Twisted  
Breadsticks served with  
Marinara Sauce  
Steamed Broccoli

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

**23**  
Cheese Pizza  
Sautéed Spinach

**26**  
Pizza Crunchers served with  
Marinara Sauce  
Garlicky Green Beans

**27**  
Chicken Wings served with  
Dipping Sauce  
Oven Baked French Fries

**28**  
Cheesy Lasagna Rollup  
served with Cracker  
Seasoned Broccoli

**29**  
Meatball Hero with  
Marinara Sauce  
Crunchy Carrots

**30**  
Cheese Pizza  
Three Bean Salad

**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\*

