



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
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*

12/01/2025

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

