

WESTERN SUFFOLK BOCES BREAKFAST AND LUNCH MENU



JANUARY 2024



Abraham Lincoln School MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<p>Breakfast 2 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Mixed up Shapes Chicken Nuggets Dipping sauce Small roll, Carrots, Fruit, Milk</p>	<p>Breakfast 3 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Mozzarella sticks Small roll Marina sauce Green beans, Fruit, Milk</p>	<p>Breakfast 4 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Hamburger on bun Vegetarian beans Sweet potatoes Fruit, Milk</p>	<p>Breakfast 5 Blueberry muffin, Fruit, Milk, Juice</p> <p>LUNCH PIZZA Green beans, Fruit, Milk</p>	<p><i>new year new beginnings</i></p> <p>NOTE TO SELF:</p> <p>“This year I will be awesome” Begin the new year with some simple Healthy resolutions!</p>
	<p>Breakfast 8 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Mini Pizza bagel Green beans, Fruit, Milk</p>	<p>Breakfast 9 Waffles, Milk, Juice, Fruit</p> <p>LUNCH Pulled pork on bun Vegetarian beans, Carrots, Fruit, Milk</p>	<p>Breakfast 10 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Cheese Quesadilla Corn, Fruit, Milk</p>	<p>Breakfast 11 Choice of cereal, roll or bagel and Fruit</p> <p>LUNCH Meatballs on bun Smile fries, Carrots, Fruit, Milk</p>	<p>Breakfast 12 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH PIZZA Green beans, Fruit, Milk</p>
<p>15 Martin Luther King Day Schools Closed</p>	<p>Breakfast 16 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Hot dog on bun Vegetarian beans, Carrots, Fruit, Milk</p>	<p>Breakfast 17 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Pizza Crunchers Marinara dipping sauce Green beans, Fruit, Milk</p>	<p>Breakfast 18 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Hamburger on bun Sweet potatoes Vegetarian beans Fruit, Milk</p>	<p>Breakfast 19 Pancakes, syrup, Fruit, Milk, Juice</p> <p>LUNCH PIZZA Green beans, Fruit, Milk</p>	<p>Walk or ride your bike</p> <p>Floss your teeth more often</p>
<p>Breakfast 22 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Hot dog on bun Vegetarian beans, Smile fries, Fruit, Milk</p>	<p>Breakfast 23 Choice of cereal, roll or bagel, Fruit, Milk, Juice</p> <p>LUNCH Mini Pizza bagel Carrots, Fruit, Milk</p>	<p>Breakfast 24 French toast sticks, Fruit, Milk, Juice</p> <p>LUNCH Mozzarella sticks Small roll Marina sauce Green beans, Fruit, Milk</p>	<p>Breakfast 25 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Meatballs on bun Smile fries, Carrots, Fruit, Milk</p>	<p>Breakfast 26 Pancakes, syrup, Fruit, Milk, Juice</p> <p>LUNCH PIZZA Green beans, Fruit, Milk</p>	<p>Drink water or green tea instead of coffee</p> <p>Grow a simple garden</p>
<p>Breakfast 29 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Mini Pizza bagel Carrots, Baked fries, Fruit, Milk</p>	<p>Breakfast 30 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Hamburger on a bun Tater tots, Fruit, Milk</p>	<p>Breakfast 31 Pancakes, syrup, Milk, Juice, Fruit</p> <p>LUNCH Pizza Crunchers Marinara sauce, Baked fries, Vegetarian beans, Fruit, Milk</p>		<p>We are pleased to announce that all students enrolled at Western Suffolk BOCES will receive FREE breakfast and FREE lunch in school beginning December 1, 2023</p>	<p>DAILY MILK CHOICE Lowfat, Skim or Chocolate Special diets require Prescription THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER</p>