

Indian Lake Central School District Cafeteria Menu – January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
4 Waffles, Syrup, Fruit, Juice ----- Chicken Nugget, Rice Pilaf, California Blend, Butterscotch Pudding	5 Muffin Square, Cheese Stick, Fruit, Juice ----- Meatball Sub, Potato Puffs, Carrots, Fruit	6 Bagel, Cream Cheese, Fruit, Juice ----- Turkey & Cheese Hero, Lettuce, Tomato, Onion, Dirty Fries, Green Beans, Fruit	7 Crisped Rice, Toast, Jelly, Fruit, Juice ----- Chicken a' la Jeff, Green Beans, Dinner Roll, Pumpkin Cake	8 English Muffin, Peanut Butter, Fruit, Juice ----- Cheese Pizza, Tossed Salad, Peas, Fruit
11 Cinnamon Roll, Yogurt, Juice ----- Hot Dog on a Bun, Baked Beans, Sauerkraut, Fruit	12 Toasted Oats, Toast, Jelly, Fruit, Juice ----- Chicken & Biscuit, Mashed Potatoes, Cranberry Sauce, Apple Crisp	13 Muffin Squares, Cheese Sticks, Fruit, Juice ----- Meatless Ziti, Broccoli, Garlic Bread, Fruit	14 Bagel, Cream Cheese, Fruit, Juice ----- Taco Salad, Refried Beans, Fruit	15 French Toast, Syrup, Fruit, Juice ----- Chicken Patty on a Bun, Lettuce, Tomato, Potato Puffs, Carrots, Fruit
18 Martin Luther King Day	19 Plain Bagel, Cream Cheese, Fruit, Juice ----- Meat Loaf, Mashed Potatoes, California Blend, Fruit	20 Sausage & Biscuit, Fruit, Juice ----- Choice of Soup, Tuna Fish or Peanut Butter Sandwich, Juice, Cookie	21 Breakfast Pizza, Fruit, Juice ----- Chicken Fajitas, Spanish Rice, Tossed Salad, Fruit	22 English Muffin, Peanut Butter, Fruit, Juice ----- Hamburger on a Bun, Lettuce, Tomato, Onion, Cheese, French Fries, Peas, Fruit
25 Bagel, Cream Cheese, Fruit, Juice ----- Toasted Cheese, Pasta Salad, Green Beans, Fruit	26 Scrambled Eggs, Hash Browns, Fruit, Juice ----- Chicken Bake, Garden Salad, Garlic Bread Stick, Fruit	27 Pancakes, Syrup, Fruit, Juice ----- Sloppy Joe, French Fries, Corn, Cherry Cobbler	28 Muffin Squares, Cheese Stick, Fruit, Juice ----- Taco Bar, Refried Beans, Fruit	29 Crisp Rice, Toast, Jelly, Fruit, Juice ----- Chicken Nuggets, Rice Pilaf, Peas, Fruit

Choice of Milk: Reduced Fat, Low Fat Chocolate, Skim
Entrée Alternatives: Peanut Butter and Jelly or Cheese Sandwiches, Yogurt, Shaker Salad



Prepayment available – call (518) 648-5024 for information.
Menu subject to change without notice.