

Indian Lake Central School District Cafeteria Menu – February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast Pizza, Fruit, Juice ----- Hot Turkey Sandwich, Mashed Potatoes, Cranberry Sauce, Apple Crisp	2 Toasted Oats, Toast, Jelly, Fruit, Juice ----- Salisbury Steak, Oven Potatoes, California Blend, Fruit	3 Plain Bagel, Cream Cheese, Fruit, Juice ----- Ham Steak, Scalloped Potatoes, Green Beans, Fruit	4 Waffle, Syrup, Fruit, Juice ----- Choice of Soup, Tuna Fish or Peanut Butter Sandwich, Carrot Sticks w/ dip, Cookie	5 Cinnamon Roll, Yogurt, Fruit, Juice ----- Meatball Sub, French Fries, Corn, Fruit
8 English Muffin, Peanut Butter, Fruit, Juice ----- Baked Potato, Choice of Topping, Broccoli, Bread Stick, Fruit	9 Scrambled Eggs, Hash Brown, Fruit, Juice ----- Zesty Turkey Mac, Tossed Salad, Dinner Roll, Margarine, Brownie	10 Parent / Teacher Conference Day	11 Sausage & Biscuit, Fruit, Juice ----- Chicken Patty on a Bun, Lettuce, Tomato, Cheese, Potato Puffs, Pickled Beets, Fruit	12 Muffin Square, Yogurt, Fruit, Juice ----- Turkey & Cheese Hero, Sun Chip, Juice, Fruit
15 Winter Break	16 Winter Break	17 Winter Break	18 Winter Break	19 Winter Break
22 Plain Bagel, Cream Cheese, Fruit, Juice ----- Chicken Nuggets, Rice Pilaf, Green Beans, Fruit	23 Pancakes, Syrup, Fruit, Juice ----- Toasted Cheese, Tomato Soup, Carrot Sticks w/ Dip, Fruit	24 English Muffin, Jelly, Fruit, Juice ----- Chicken Rice Bake, Corn, Bread Stick, Pudding	25 Muffin Square, Yogurt, Fruit, Juice ----- Taco Salad Bar, Refried Beans, Fruit	26 Cinnamon Roll, Cheese Stick, Fruit, Juice ----- Cheese Pizza, Tossed Salad, 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.*