

JANUARY 2023

Glen Cove School District



Middle School



Milk
1%
Fat free
Chocolate milk

OFFERED DAILY:

Fruit
Assorted Fresh Fruit
Fruit cup

Sandwiches
Peanut Butter & Jelly
Cheese Sandwich

MONDAY

2

School Closed

TUESDAY

3

Fish Sticks
Baked French Fries

WEDNESDAY

4

Chicken
Parmigiana Sandwich
Served on a WG Bun
Steamed Broccoli

THURSDAY

5

BBQ Pulled Pork
Seasoned Brown Rice
Stewed Kidney Beans

FRIDAY

6

Pizza
Garden Green Salad

9

Baked Mozzarella Stick
Served with
Marinara Sauce
Steamed Broccoli

10

Totally Taco
Triangle Quesadilla
Black Beans

11

Turkey Burgers
on a whole Grain Bun
French Fries

12

Chicken Poppers
Mashed Potato
Corn

13

Pizza
Roasted Chickpea

16

School Closed

17

Boneless Chicken Wing
Baby Carrot and Ranch

18

Hamburger
on a whole Grain Bun
French Fries

19

Crispy Chicken Tenders
Broccoli
Dinner Roll

20

Pizza
Garden Green Salad

23

Homemade
Grilled Cheese
Steamed Broccoli

24

Hot Dogs
Baked French Fires

25

Beef Taco's
Served with
Corn
Lettuce, Salsa & Cheese
2 Hard Taco Shell

26

Season Chicken Strips
On a
Green Garden Salad

27

Pizza
Roasted Chickpea

30

Cheese Ravioli
Garlic Knot
Sweet Green Peas

31

Jamacian Beef Patty
Black Beans
Cookie Treat

