

MEALS ARE FREE FOR ALL STUDENTS

Ferrisburgh Central School

Monday

3
 Cheese Ravioli
 With Marinara Sauce
 Steamed Broccoli
 Fruit
 milk

10
 Cabot Macaroni and Cheese
 Roasted Carrots
 Dinner Roll
 Fruit
 Milk

17
 Rotini with Meat Sauce
 Or Marinara Sauce
 Parmesan Cheese
 Garlic Bread
 Buttery Peas
 Fruit
 Milk

24
 General Tso's
 Chicken Or Tofu
 Brown Rice
 Broccoli
 Fruit
 Milk

31
 MEMORIAL DAY
 NO SCHOOL

Tuesday

4
 Tender Roast Pork w/ Gravy
 Mashed Potato
 WG Dinner Roll
 Peas
 Fruit
 Milk

11
 Mexican Beef or Bean
 Burrito
 Brown Rice
 Corn
 Fruit
 Milk

18
 Cheese Quesadilla
 Rice
 Mexican Corn and Black Beans
 Salsa
 Fruit
 Milk

25
 Sloppy Joes
 Or Lentil Sloppy Joes
 On WG Bun
 Corn
 Fruit
 Milk

Wednesday

5
 Early Release Day
 Turkey & Cheese Sandwich
 Or Hummus and Veggie Wrap
 Carrot Sticks
 Sunchips
 Fruit
 Milk

12
 PIZZA DAY
 Cheese, Pepperoni or
 Chef Special Pizza
 Sweet Potato Wedges
 Fruit
 Milk

19
 Crispy Chicken Tenders
 With BBQ Sauce
 Cornbread
 Broccoli
 Fruit
 Milk

26
 PIZZA DAY
 Cheese, Pepperoni or
 Chef Special Pizza
 Sweet Potato Wedges
 Fruit
 Milk

Thursday

6
 Crispy Chicken Filet
 With WG Waffles
 Maple Syrup
 Corn
 Fruit
 Milk

13
 Mandarin Orange Chicken
 Or Tofu
 Stir Fry Veggies
 Rice
 Fruit
 Milk

20
 Breakfast For Lunch
 Cinnamon French Toast Sticks
 Sausage Pattys
 Or Boiled Egg(veg)
 Roasted Sweet Potato Waffle Fries
 Fruit
 Milk

27
 Hearty Homemade
 Chicken & Biscuit
 with Veggies
 Green Beans
 Fruit
 Milk

Friday

7
 Fish and Chips
 Crispy Fish Sticks
 w/ Tartar Sauce
 Baked Potato Wedges
 Peas and Carrots
 Fruit
 Milk

14
 Grilled Cheese Sandwich
 On WG Bread
 Tomato Tortellini Soup
 Fruit
 Milk

21
 Meatball with Tomato Sauce
 Or
 Roasted Peppers & Onion
 Sub Sandwich on WG Roll
 With Mozzarella Cheese
 Green Beans
 Fruit
 Milk

28
 Burger DAY
 Hamburger, Cheeseburger
 Or Veggie Burger
 Baked French Fries
 Pickles
 Fruit
 Milk

Alternative Meal (Vegetarian):

Offered daily in addition to the main entrée.

WG Bagel with Cream Cheese, 4 oz. Yogurt and 1 oz. Cheese Square, Veggie Sticks and Dip, Fruit, Milk