

JANUARY 2022

TROY MS/HS MENU



Monday

3
Loaded Nachos
Lettuce Salsa Cheese
Corn
Fruit
Milk

Tuesday

4
French Toast Sticks
Turkey Sausage
Hash Brown
Fruit Choices
Milk

Wednesday

5
Roast Chicken
Stuffing
Green Beans
Peach Cups
Milk

Thursday

6
Jamaican Beef Patty
Brown Rice
Carrots
Fruit Choices
Milk

Friday

7
Popcorn Chicken Bowl
Mashed Potato Gravy
Corn
Fruit
Milk

10
General Tso's
Mini Egg Roll
Brown Rice/ Broccoli
Fruit Choices
Milk

11
Beef Chili
Corn Muffin
Mexicali Corn
Fruit Choices
Milk

12
Philly Cheesesteak
Curly Fries
Fruit Choices
Milk

13
Roast Chicken
Garlic Roll
Carrots
Peach Cups
Milk

14
Cheese or Pepperoni
Stromboli & Marinara
Italian Green Beans
Fruit Choices
Milk

17
No School
Martin Luther King Day

18
Jamaican Beef Patty
Brown Rice
Carrots
Fruit Choices
Milk

19
Chicken Parmesan Sub
Spinach and White Beans
Fruit Choices
Milk

20
Baked Ziti W Meatballs
Green Beans
Fruit Choices
Milk

21
Soft Shell Tacos
Lettuce Salsa Cheese
Corn
Fruit
Milk

24
Cheese Burger
French Fries
Fruit
Milk

25
Jerk Chicken
Rice and Beans
Carrots
Peach Cups
Milk

26
Pulled Pork Nachos
Salsa & Sour Cream
Assorted Fruit
Milk

27
Buffalo Chicken Mac &
Cheese
Broccoli Spears
Fruit Choices
Milk

28
French Toast Sticks
Turkey Sausage
Hash Brown
Fruit Choices
Milk

31
Roasted Turkey Bowl
Mashed Potato
Corn
Fruit Choices
Milk

This Institution is an equal opportunity provider.
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Breakfast Choices & Alternate Lunch Options

Breakfast Choices:

Bagel with Cream Cheese
Assorted Cereal
Whole Grain Muffins
WG French Toast Sticks / Waffles
Breakfast Sandwich
Fruit: 100% Fruit Juice or Fruit of the Day
Choice of Milk

Alternate Lunch Options:

Hummus with Pita Chips & Vegetables (served with fruit, choice of milk)
Fruit & Yogurt Parfait (served with a granola, choice of fruit/veg, choice of milk)
Salad Bar
Deli Bar
Pizza Station



Our food service department wants to prevent food waste! If there are any items in your school lunch that are prepackaged, remember to pack them up and save them for later. Cheese sticks, apples, Craisins, or fruit cups would be great for an afternoon snack!

January Menu Highlights:

UPDATE: The USDA extended FREE meals to all students until June 2022. ****It remains important that families who believe they may qualify for the Free and Reduced Price Meal program submit an application. We want to be sure that all eligible families are enrolled in this program****



We are striving to support our New York State food producers. Items highlighted in green are NYS food products.

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