



JANUARY 2019

Syracuse City School District

Hot Supper

Monday

Tuesday

Wednesday

Thursday

Friday

1

New Year's Day
NO SCHOOL

2

Fish Slider w/Tartar Sauce
Lettuce & Tomato
Sweet Potato Crissscuts
1% or Skim Milk

3

Pot Stickers
Fresh Sugar Snap Peas
Mandarin Oranges
1% or Skim Milk

4

Chicken Italian Sausage Sandwich
w/Peppers & Onions
Creamy Italian Cherry Tomatoes
1% or Skim Milk

7

Buffalo Chicken Slider
Celery Sticks w/Ranch
Canned Fruit
1% or Skim Milk

8

Crunchy Chicken Taco
w/Lettuce & Tomato
Salsa
Taco Sauce
Guacamole
1% or Skim Milk

9

Ham & Cheese Melt Slider
Carrot Coins
Fresh Fruit
1% or Skim Milk

10

Chicken Egg Roll
w/Sweet & Sour Sauce
Broccoli
1% or Skim Milk

11

BBQ Turkey Slider
Creamy Coleslaw
Baked Beans
1% or Skim Milk

14

Sloppy Joe Sliders
Potato Wedges
Canned Fruit
1% or Skim Milk

15

Syracuse Sundae Bowls
Mashed Potatoes, Meat Gravy
Kernel Corn
Heartzel Pretzels
1% or Skim Milk

16

Fish Slider w/Tartar Sauce
Lettuce & Tomato
Sweet Potato Crissscuts
1% or Skim Milk

17

Pot Stickers
Fresh Sugar Snap Peas
Mandarin Oranges
1% or Skim Milk

18

Chicken Italian Sausage Sandwich
w/Peppers & Onions
Creamy Italian Cherry Tomatoes
1% or Skim Milk

21

Dr. Martin Luther King, JR Day
NO SCHOOL

22

Crunchy Chicken Taco
w/Lettuce & Tomato
Salsa
Taco Sauce
Guacamole
1% or Skim Milk

23

Ham & Cheese Melt Slider
Carrot Coins
Fresh Fruit
1% or Skim Milk

24

Chicken Egg Roll
w/Sweet & Sour Sauce
Broccoli
1% or Skim Milk

25

BBQ Turkey Slider
Creamy Coleslaw
Baked Beans
1% or Skim Milk

28

Sloppy Joe Sliders
Potato Wedges
Canned Fruit
1% or Skim Milk

29

Syracuse Sundae Bowls
Mashed Potatoes, Meat Gravy
Kernel Corn
Heartzel Pretzels
1% or Skim Milk

30

Fish Slider w/Tartar Sauce
Lettuce & Tomato
Sweet Potato Crissscuts
1% or Skim Milk

31

Pot Stickers
Fresh Sugar Snap Peas
Mandarin Oranges
1% or Skim Milk

It is our intent to have these choices available to all students at all times. However, there may be occasions when choices are limited.





JANUARY 2019

Syracuse City School District

Cold Supper

Monday

Tuesday

Wednesday

Thursday

Friday

1

New Year's Day
NO SCHOOL

2

Sunberry Rockin'Ola
Yogurt
Berry Muffin Top
Wango Mango Juice
1% or Skim Milk

3

Half-Wrap
Turkey & Cheese
Lettuce
Grape Tomatoes w/Ranch
1% or Skim Milk

4

Sunbutter Soufflé Cup
Cheese Stick
Heartzel Pretzels
Raisins
Celery Sticks w/Ranch
1% or Skim Milk

7

Cheerios
Pumpkin Seeds
Craisins
Cheese Stick
Wango Mango Juice
1% or Skim Milk

8

Chicken Salad Scoop Soufflé
WG Crackers
Apple Slices
Celery Sticks w/ Ranch
1% or Skim Milk

9

Protein Rockin'Ola
Yogurt
Cinnamon Crisps
Raisins
Dragon Punch
1% or Skim Milk

10

Sunbutter Half-wich
½ Sandwich on WG Bread
Grape Tomatoes w/Ranch
Apple Slices
1% or Skim Milk

11

Hummus Soufflé Cup
WG Crackers
Carrot Sticks
Celery Sticks
1% or Skim Milk

14

Cinnamon Chex
Sunflower Seeds
Dried Cherries
Cheese Stick
Wango Mango Punch
1% or Skim Milk

15

Chicken Caesar Salad
Chicken on Romaine Lettuce
Cucumber Slices
Caesar Dressing
Dinner Roll
1% or Skim Milk

16

Sunberry Rockin'Ola
Yogurt
Berry Muffin Top
Wango Mango Juice
1% or Skim Milk

17

Half-Wrap
Turkey & Cheese
Lettuce
Grape Tomatoes w/Ranch
1% or Skim Milk

18

Sunbutter Soufflé Cup
Cheese Stick
Heartzel Pretzels
Raisins
Celery Sticks w/Ranch
1% or Skim Milk

21

Dr. Martin Luther King Jr. Day
NO SCHOOL

22

Chicken Salad Scoop Soufflé
WG Crackers
Apple Slices
Celery Sticks w/ Ranch
1% or Skim Milk

23

Protein Rockin'Ola
Yogurt
Cinnamon Crisps
Raisins
Dragon Punch
1% or Skim Milk

24

Sunbutter Half-wich
½ Sandwich on WG Bread
Grape Tomatoes w/Ranch
Apple Slices
1% or Skim Milk

25

Hummus Soufflé Cup
WG Crackers
Carrot Sticks
Celery Sticks
1% or Skim Milk

28

Cinnamon Chex
Sunflower Seeds
Dried Cherries
Cheese Stick
Wango Mango Punch
1% or Skim Milk

29

Chicken Caesar Salad
Chicken on Romaine Lettuce
Cucumber Slices
Caesar Dressing
Dinner Roll
1% or Skim Milk

30

Sunberry Rockin'Ola
Yogurt
Berry Muffin Top
Wango Mango Juice
1% or Skim Milk

31

Half-Wrap
Turkey & Cheese
Lettuce
Grape Tomatoes w/Ranch
1% or Skim Milk

It is our intent to have these choices available to all students at all times. However, there may be occasions when choices are limited.



JANUARY 2019

Syracuse City School District

Snack

Monday

Tuesday

Wednesday

Thursday

Friday



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1

New Year's Day
NO SCHOOL

2

Heartzel Pretzel
Sun Butter
Paradise Punch

3

Strawberry Sport Grahams
Wango Mango Juice

4

Despicable Me Grahams
Cherry Star Juice

7

Annie's Cheddar Bunnies
Apple Juice

8

Cinnamon Crisps
Fruit Punch

9

Nacho Cheese Spikerz
Grape Raspberry Juice

10

Animal Crackers
Grape Juice

11

Goldfish
Orange Tangerine Juice

14

ABC Graham Crackers
Cherry Star Juice

15

Ranch Spikerz
Apple Juice

16

Strawberry Yogurt Chex
Dragon Punch

17

DOT Vanilla Grahams
Very Berry Juice

18

Scooby Doo Bones
Strawberry-Kiwi Juice

21

Dr. Martin Luther King, JR Day
NO SCHOOL

22

Cheez-Its
Orange Tangerine Juice

23

Heartzel Pretzel
Sun Butter
Paradise Punch

24

Strawberry Sports Grahams
Wango Mango Juice

25

Despicable Me Grahams
Cherry Star Juice

28

Annie's Cheddar Bunnies
Apple Juice

29

Cinnamon Crisps
Fruit Punch

30

Nacho Cheese Spikerz
Grape Raspberry Juice

31

Animal Crackers
Grape Juice



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