|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| F2S Logo | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |  | |
| **2**  **No School**  **Winter Recess**  Winter scene Images | Free Vectors, Stock Photos & PSD | **3**  Buffalo Chicken Macaroni and Cheese or Macaroni and Cheese  **- - - - - - - - - - - - - -**  **Baked Beans 1/2c**  **Carrots 1/2c**  **Fresh Fruit – 1 Piece**  **Milk -8oz** | **4**  Cheese and Pepperoni Pizza  **- - - - - - - - - - - - - -**  **Green Beans 1/2c**  **Corn 3/4c**  **NYS Apple-1 Piece**  **Milk-8oz** | **5**  Chicken Alfredo over Brown Rice  **- - - - - - - - - - - - - - -**  **Broccoli 1/2c**  **Seasoned Tomatoes 3/4c**  **NYS Apple-1 Piece**  **Milk-8oz** | **6**  Grilled Cheese Sandwich w/Tomato Soup  **- - - - - - - - - - - - - -**  **Peas 1/2c**  **Fruit 1/2c**  **Milk-8oz** | |  | |
| **9**  French Toast Sticks w/Syrup and String Cheese  **- - - - - - - - - - - - - -**  **Broccoli 1/2c**  **Carrots 1/2c**  **Fresh Fruit-1 Piece**  **Milk-8oz** | **10**  Chicken Fajita Taco w/lettuce, Cheese, and Salsa  **- - - - - - - - - - - - - -**  **Peas 1/2c**  **Corn 1/2c**  **Fruit 1/2c**  **Milk-8oz** | **11**  Chicken Tenders w/Seasoned Rice  **- - - - - - - - - - - - - -**  **Green Beans 1/2c**  **Cauliflower 1/2c**  **NYS Apple-1 Piece**  **Milk-8oz** | **12**  Buffalo Chicken Wing  Pizza  **- - - - - - - - - - - - - - -**  **Sweet Potatoes 3/4c**  **Mixed Vegetables 1/2c**  **NYS Apple-1 Piece**  **Milk-8oz** | **13**  Hamburger or Cheeseburger on a Bun  **- - - - - - - - - - - - - - -**  **Vegetarian Beans 1/2c**  **1c Romaine=1/2c**  **Fruit 1/2c**  **Milk-8oz** | |
| **16**  **No School**  **Martin Luther King, Jr. Day**  Reflecting on the Significance of Martin Luther King Jr. Day - Levi Strauss  & Co : Levi Strauss & Co | **17**  Taco w/Meat, Cheese,  Lettuce and Salsa  **- - - - - - - - - - - - - -**  **Baked Beans 1/2c**  **Green Beans 1/2c**  **Fresh Fruit – 1 Piece**  **Milk -8oz** | **18**  Chicken Nuggets  w/Seasoned Rotini  **- - - - - - - - - - - - - -**  **Corn 1/2c**  **NYS Winter Squash 1/2c**  **Fresh Fruit – 1 Piece**  **Milk -8oz** | **19**  Spaghetti w/Meatballs and a Warm Dinner Roll  **- - - - - - - - - - - - - - -**  **Mixed Vegetables 1/2c**  **Broccoli 1/2c**  **Fruit 1/2c**  **Milk-8oz** | **20**  Grilled Cheese Sandwich  w/Tomato Soup  **- - - - - - - - - - - - - -**  **Green Peas 1/2c**  **Carrots 3/4c**  **Fruit 1/2c**  **Milk-8oz** | |
| **23**  Sweet and Sour  Chicken Over Rice  **- - - - - - - - - - - - - -**  **Diced Carrots 3/4c**  **Oriental Vegetables 1/2c**  **Fruit 1/2c**  **Milk-8oz** | **24**  Nacho Grande w/Tostitos  Chips, Lettuce, Cheese and  Salsa  **- - - - - - - - - - - - - -**  **Green Beans 1/2c**  **Cauliflower 1/2c**  **NYS Apple - 1 Piece**  **Milk-8oz** | **25**  Hamburger or  Cheeseburger on a Bun  **- - - - - - - - - - - - - - -**  **Vegetarian Beans 1/2c**  **NYS Winter Squash 1/2c**  **Fruit 1/2c**  **Milk-8oz** | **26**  Spaghetti and Meatballs  w/a Dinner Roll  **- - - - - - - - - - - - - - -**  **Broccoli 1/2c**  **Corn 1/2c**  **Fruit 1/2c**  **Milk-8oz** | **27**  Chicken Tenders w/Seasoned Rice  **- - - - - - - - - - - - - - - -**  **1 c Romaine 1/2c**  **Sweet Potatoes 1/2c**  **Fruit 1/2c**  **Milk-8oz** | |
| **30**  Chicken Tender Sub  w/Lettuce & Tomato  **- - - - - - - - - - - - - -**  **Diced Carrots 3/4c**  **Green Beans 1/2c**  **Fruit 1/2c**  **Milk-8oz** | **31**  Taco w/Meat, Cheese,  Lettuce and Salsa  **- - - - - - - - - - - - - -**  **Baked Beans 1/2c**  **Corn 1/2c**  **Fresh Fruit – 1 Piece**  **Milk -8oz** | **NYS Winter Squash**  **NYS Apples** | 45,561 Winter Squash Stock Photos, Pictures & Royalty-Free ... | How Many Types Of Apples Are There? Which Is Best? | |

****

***January 2023 Lunch Menu 5-12th Grade $2.65***

***Tapestry Charter School Lunch Menu***

Menu is subject to change.

*Month*

*Year*

***NYS LOCAL FOODS***

***\*Upstate Farms Dairy***

***-milk, yogurt, sour cream***

***\*LynOaken Farms Apples***

***\*Local Farm Vegetables and Fruit***

*used in Meal Program*

*highlighted in green*

This institution is an equal opportunity provider and employer.

***Offered daily***

***with all School Lunches:***

***Fresh or Prepared Fruit***

***(Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)***

**NY State Non or Low Fat White or**

**Non Fat Chocolate Milk 8oz**

***In addition to the Entrée of the Day, we also serve the following Items Daily:***

***Peanut Butter & Jelly Sandwich (2M2G)***