

# January 2010

## Alternate Entrée:

Available everyday,  
Please order during homeroom.  
Salad Bar  
Peanut Butter & Jelly  
Cold Sandwich  
Ham or Turkey

## Served Daily:

Milk—1%, 2%, Skim,  
1% Chocolate  
Fresh Fruits, Vegetable, Dessert  
Soup of the Day

P.O.Box 217  
20 School st.  
Long Lake N.Y. 12847  
518-624-2221 ext: 101

## Long Lake Central School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 No School  New Year	2
3	4 Chicken Cilantro Baked Potato	5 Meatloaf  Mashed Potato	6 Baked Ziti  Garlic Bread	7 Sloppy Joe  Roasted Potato	8 Hot Turkey Sandwich Potato Wedges	9
10	11 Chicken Sandwich Fries	12 Beef or Bean Taco Rice	13 Fresh Pizza  Tossed Salad	14 Bagelwich  Baked Potato	15 Sesame Chicken Oriental Noodles	16
17	18 No School Martin Luther King Jr. Day	19 Chicken Teriyaki Wraps Chips	20 Santa Fe Pizza  Tossed Salad	21 Shepherd's Pie Mashed Potato	22 Shrimp Poppers Sweet Potato Fries	23
24	25 Buffalo Chicken Strips Onion Rings	26 Chicken Fajitas  Rice	27 Spaghetti  Garlic Bread	28 Chicken Pot Pie Mashed potato	29 Fish Sandwich Potato Wedges	30
31	<i>Weekly Breakfast Menu</i>	<u>Monday</u> Muffins - (blueberry) English Muffins	<u>Tuesday</u> Pancakes Sausage Patties	<u>Wednesday</u> Ham & Cheese Omelets Home Fries	<u>Thursday</u> French Toast Sticks Bacon	<u>Friday</u> Bagels plain or cinnamon

Served Daily: Assorted Cereals, Milk Variety, Fresh Fruit Bar, Yogurt & Juice 7-12 Egg muffin sandwich (when available)