

December 2009

P.O.Box 217
 20 School st.
 Long Lake N.Y. 12847

518-624-2221 ext: 101

Long Lake Central School

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Pork Roast Roasted Potato	2 Ravioli Garlic Bread	3 Chicken Pot Pie Mashed Potato	4 Chicken Sandwich Fries	5
6	7 Chicken Cilantro Baked Potato	8 Beef or Bean Taco Rice	9 Fresh Pizza Tossed Salad	10 Sesame Chicken Oriental Noodles	11 Chicken Quesadillas Sweet Potato Fries	12
13	14 Buffalo Chicken Strips Onion Rings	15 Hamburger Fries	16 Spaghetti Garlic Bread	17 Turkey Dinner Mashed Potato	18 Fish Sandwich Potato Wedges	19
20	21 Chicken Fajitas Rice	22 Italian Subs Chips	23 No School	24 No School Christmas	25 No School	26
27	28 No School	29 No School	30 No School	31 No School		
<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)						