

FEBRUARY

Cafe Menu

You may pre-pay for lunch using [Payschoolscentral.com](https://payschoolscentral.com)
See the Sachem website for additional information. You may also prepay with cash or check in all school cafeterias

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatball Sub 3 Bean Salad Fruit of the Day Choice of Milk	2 Tomato Soup Grilled Cheese Sandwich Tossed Salad Fruit of the Day Choice of Milk	3 French Bread Pizza Seasoned Broccoli Fresh Juicy Pear Choice of Milk
6 Popcorn Chicken Tater Tots Baby Carrots w/ Ranch Dip Fruit of the Day Choice of Milk	7 Taco Tuesday Seasoned Taco Filling Lettuce, Tomato, Cheese & Salsa Tostito Scoops Corn Niblets Fruit of the Day Choice of Milk	8 BRUNCH FOR LUNCH Cinnamon Glazed French Toast Sticks Sausage Pattie* Hash Brown Puffs Choice of Juice Choice of Milk	9 Mozzarella Sticks w/ Marinara Sauce Broccoli Florets w/ Ranch Dip Fruit of the Day Choice of Milk	10 Cheese Pizza Tossed Salad Fruit of the Day Choice of Milk
13 Chicken Nuggets Fresh Steamed Broccoli Fruit of the Day Choice of Milk	14  Taco Triangles Salsa & Sour Cream Corn Niblets Fruit of the Day Choice of Milk	15 Pizza Sticks w/ Marinara Sauce Steamed Green Beans Fruit of the Day Choice of Milk	16 Hamburger (Cheese Available) Baked Beans Oven Fries Fruit of the Day Choice of Milk	17 Pizzeria Style Pizza Carrot Sticks w/ Ranch Dip Fruit of the Day Choice of Milk
20 Presidents' Day School Closed	21 ~~~~~ Mid-Winter Recess ~~~~~ School Closed ~~~~~	22	23	24
27 Popcorn Chicken Carrot Coins Fruit of the Day Choice of Milk	28 Taco Tuesday Seasoned Taco Filling Lettuce, Tomato, Cheese & Salsa Tostito Scoops Corn Niblets Fruit of the Day Choice of Milk			Earn While They Learn Substitutes Needed! Come join our team! Please call 631-471-1353

Cold Lunch Choices...

Chef or Garden Salad

Sandwiches
Cheese
Turkey
Ham
Peanut Butter & Jelly
Served on WG Bun

Available Daily
Fresh Fruit Cup \$.50
Water \$.50/\$1.00
Chips \$.85/\$1.00
Milk \$.50

ELEMENTARY LUNCH - \$2.45

Join us for Breakfast



Breakfast - \$1.50

Pancakes
Waffles
Warm WG Cinnamon Donut
Cereal with yogurt or cheese stick
Bagels with Cream Cheese or Butter
Muffin
Cereal Bars
available daily

Breakfast Includes
Choice of Fruit Cup & Milk

Menu subject to change

February is National Hot Breakfast Month

Breakfast is often said to be the most important meal of the day! Hot Breakfast Month encourages us to start the day off with a healthy, hot breakfast. A hot breakfast warms the soul and gets us ready to take on the day. Your cafeteria offers a different hot breakfast each day. Please join us and start your day off hot!

What's for Lunch?



Lunch includes a variety of items from each food group: Grains, Vegetables, Fruit, Protein and Dairy. Students are required to select items from three of the food groups (one must be a Fruit or vegetable) but are encouraged to select one item from each category for a complete, nutritious meal.

Free/Reduced Meal Applications

Applications for free or reduced price meals are always available. If your family has a life changing event, please submit an application as soon as possible. Applications are available on line, at your child's school and at the Office of Food Services. You may call 471-1353 for additional information.

Sachem Central School District is an equal opportunity provider

Items (*)
May Contain Pork