



January 2023

Starpoint Fricano/Regan Lunch Menu

Lunch Price \$2.35



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
 Visit www.myschoolbucks.com to set up a lunch account to monitor and apply money to your child's account throughout the school year	3 8" Taco w/ Meat, Cheese with seasoned rice or Turkey and Cheese sandwich ----- Baked Beans ¾ C Fruit ½ C Milk-8oz	4 Hot dog on WG roll or Peanut Butter and Jelly Sandwich ----- Green Beans ½ C French Fries ½ c Fresh Fruit-1 piece Milk-8oz	5 Cheesy Pizza or Ham & Cheese Sandwich ----- Broccoli ¾ C NYS Apple-1 piece Milk-8oz	6 Chicken Patty on WG Roll or Turkey and Cheese sandwich ----- Carrots ¾ C Fruit ½ C Milk-8oz
9 Meatball sub or Ham & Cheese Sandwich ----- Steamed Broccoli ¾ C Fresh Fruit -1 piece Milk-8oz	10 Chicken Tacos 8" Soft Shell w/ chicken & Cheese w/seasoned rice Or turkey& Cheese Sandwich ----- Baked Beans ¾ C Fruit ½ C Milk-8oz	11 Hamburger or Cheeseburger On WG Roll or Ham & Cheese Sandwich ----- Carrots ¾ C Fruit ½ C Milk-8oz	12 Grilled Cheese Or Ham and Cheese Sandwich ----- Green Beans ¾ C NYS Apple-1 piece Milk-8oz	13 Chicken Fingers with seasoned pasta or Turkey and Cheese sandwich ----- Corn ¾ C Fruit ½ C Milk-8oz
16 	17 8" Taco w/ Meat, Cheese with seasoned rice or Turkey and Cheese sandwich ----- Baked Beans ¾ C Fruit ½ C Milk-8oz	18 Chicken Patty on WG Roll or PB&J Sandwich ----- Steamed Broccoli ½ C Corn ½ c Fresh Fruit-1 piece Milk-8oz	19 Cheesy Pizza or Ham & Cheese Sandwich ----- NYS Winter Squash 3/4C NYS Apple-1 piece Milk-8oz	20 Mozzarella Sticks with Dipping Sauce ----- Green Beans ¾ C Fresh Fruit-1 piece Milk-8oz
23 Hamburger or Cheeseburger On WG Roll or Ham & Cheese Sandwich ----- Steamed Broccoli ¾ C Fresh Fruit-1 piece Milk-8oz	24 Chicken Tacos 8" Soft Shell w/ chicken & Cheese w/seasoned rice Or turkey& Cheese Sandwich ----- Baked Beans ¾ C Fruit ½ C Milk-8oz	25 Chicken Nuggets or Peanut Butter and Jelly Sandwich ----- Corn ¾ C Fruit ½ C Milk-8oz	26 Grilled Cheese Or Ham and Cheese Sandwich ----- Green Beans ¾ C NYS Apple-1 piece Milk-8oz	27 Rotini (3/4c) w/ Meat sauce w/dinner roll or Turkey and Cheese sandwich ----- NYS Winter Squash ¾ C Fruit ½ C Milk-8oz
30 Chicken Patty on WG Roll or Ham & Cheese Sandwich ----- Green Beans ½ c Corn ½ c NYS Apple-1 piece Milk-8oz	31 8" Taco w/ Meat, Cheese with seasoned rice or Turkey and Cheese sandwich ----- Baked Bean ½ C Steamed Broccoli ½ c Fruit ½ C Milk-8oz	 NYS Apples NYS Winter Squash		

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

- In addition to the Entrée of the Day, we also serve the following Items Daily:
- 6" Subs and Wraps Made to Order (2M2G)
 - Salads Made to Order
(Includes Dinner Rolls) 2M2G
 - Peanut Butter & Jelly Sandwich (2M2G)
 - Fruit & Yogurt Parfait w/Dinner Rolls (2M2G)

- 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