







Gouverneur Middle & High School January Menu 2022

This Institution is an equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parm Sandwich Waffle Fries Fruit & Milk	4 Tacos w/ Lettuce and Cheese Steamed Carrots Fruit & Milk 	5 Homemade Pizza Caesar Salad Fruit & Milk 	6 Pasta With Sauce Iceberg Garden Salad Fruit & Milk	7 Sampler- 3 Boneless Wings, 3 Mozz Sticks, Cheesed filled Breadstick Three Bean Salad Fruit & Milk
10 Pizza Dunkers Three Bean Salad Fruit & Milk	11 Orange Chicken Steamed Rice Steamed Broccoli Fruit & Milk	12 Homemade Pizza Iceberg Garden Salad Fruit & Milk	13 Roasted Turkey Mashed Potatoes Stuffing, Butternut Squash Fruit & Milk	14 Hot Meatball Sub Steamed Carrots Fruit & Milk
17 Martin Luther King Day!!! No School	18 Chicken Caesar Salad w/ Garlic Breadstick String Cheese Stick Fruit & Milk	19 Homemade Pizza Three Bean Salad Fruit & Milk	20 Grilled Cheese Sandwich Tomato Soup Steamed Corn Fruit & Milk	21 Boneless Wings Rice Pilaf Celery Sticks Fruit & Milk
24 French Toast Sticks Roasted Butternut Squash Sausage Fruit & Milk	25 Popcorn Chicken Garlic Breadstick Black Bean Salad Fruit & Milk	26 Homemade Pizza Broccoli Salad  Fruit & Milk	27 Chicken & Biscuits Mashed Potatoes Fruit & Milk	28 Buffalo Chicken Bake Cheese Filled Breadstick Cucumber slices Fruit & Milk
31 Ham & Cheese Bagel Melt New York French Fries Roasted Broccoli Fruit & Milk				Breakfast & Lunch Free to all Students!! Menu Subject to Change
<u>Monday's Alternates</u> Chicken Tenders w/ Breadstick Wraps, Chef Salads or PBJ	<u>Tuesday's Alternates</u> Hamburger on Roll Wraps, Chef Salads or PBJ	<u>Wednesday's Alternates</u> Wraps, Chef Salads or PBJ	<u>Thursday's Alternates</u> Chicken Burger on Roll Wraps, Chef Salads or PBJ	<u>Friday's Alternates</u> Baked Haddock Sandwich Wraps, Chef Salads or PBJ
Breakfast Pizza Cereal Fruit or Juice and Milk	Egg & Sausage Sandwich Cereal Fruit or Juice and Milk	<u>Breakfast</u> Pancakes Cereal Fruit or Juice and Milk	Cinnamon Roll Cereal Fruit or Juice and Milk	Fruodels or Donuts Cereal Fruit or Juice and Milk