

Gouverneur Central January Menu 2026

This Institution is an equal opportunity provider and employer. Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
Holiday Break No School		Breakfast & Lunch are Free to all Students	1	2
5 General Tso Chicken Fried Rice and Broccoli Carrot Sticks Fruit & Milk	6 Chicken Caesar Salad w/ Garlic Breadstick & String Cheese Stick Fruit & Milk	7 Homemade Pizza Iceberg Garden Salad Fruit & Milk	8 Buffalo Chicken Bake Cheese Filled Breadstick Butternut Squash Fruit & Milk	9 Quesadilla Refried Beans Red Pepper Strips Fruit & Milk
12 Dill Chicken Sandwich w/ Special Sauce Roasted Potatoes Iceberg Garden Salad Fruit & Milk	13 Orange Chicken Fried Rice Herb Roasted Broccoli Fruit & Milk	14 Homemade Pizza Three Bean Salad Fruit & Milk	15 Mac & Cheese Garlic Breadstick Maple Glazed Carrots North Country Apple Slices Assorted NY Milk	16 Grilled Cheese Sandwich Tomato Soup Corn on the Cob Fruit & Milk
19 Martin Luther King Day No School	20 Chicken Tikka Marsala Fried Rice NAAN Bread Carrot Sticks Fruit & Milk	21 Homemade Pizza Broccoli Salad Fruit & Milk 	22 Chicken & Biscuits Mashed Potatoes Roasted Baby Carrots Fruit & Milk	23 Lasagna Garlic Toast Garden Salad Fruit & Milk
26 Ham & Cheese Croissant Turkey & Cheese Croissant Tater Tots Herb Roasted Broccoli Fruit & Milk	27 Loaded Potato Bowl (Popcorn Chicken, Mashed Potatoes, Cheddar Cheese,) Steamed Corn, Biscuit Fruit & Milk	28 Homemade Pizza Three Bean Salad Fruit & Milk	29 Hotdog or Hamburger Or Italian Sausage (MS&HS) Corn on the Cob Honey Glazed Carrots Fruit & Milk	30 Chicken Tortellini Alfredo Cheese Filled Breadstick Cucumber Slices Fruit & Milk
Monday's Alternates Chicken Tenders w/ Breadstick PBJ Sandwich	Tuesday's Alternates Hamburger on WW Roll PBJ Sandwich	Wednesday's Alternates Chef Salad PBJ Sandwich	Thursday's Alternates Chicken Burger on WW Roll PBJ Sandwich	Friday's Alternates Baked Haddock Burger on WW Roll PBJ Sandwich
Egg & Sausage Sandwich Cereal Fruit or Juice & Milk	Homemade Breakfast Pizza Cereal Fruit or Juice & Milk	Breakfast Pancakes/Waffles or Cereal Fruit or Juice & Milk	Cinnamon Roll Cereal Fruit or Juice & Milk	Frudel Cereal Fruit or Juice & Milk