



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 |