

JANUARY 2022

Gilbertsville-Mount Upton CSD

ALL SCHOOL MEALS ARE FREE
 FOR THE 2021 2022 SCHOOL YEAR
 THROUGH THE SSO PROGRAM
 ADULT LUNCH \$5.15

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tenders 3 Sweet Potato Fries Fruit Milk	Macaroni & Cheese 4 Spinach Fruit Milk	Pizza Bites 5 Leafy Green Salad Fruit Milk	Spaghetti 6 w/ Meat Sauce Green Beans Fruit Milk	Chicken Speedie 7 Beans Chips Fruit Milk
Chicken 10 Tater Tot Casserole Carrots Fruit Milk	Chili 11 Cinnamon Roll Corn Fruit Milk	Pizza 12 Leafy Green Salad Fruit Milk	Pop Corn 13 Chicken Bowl Peas Fruit Milk	Hamburger on Bun 14 Salad Fruit Milk
NO 17 SCHOOL	Chicken Patty 18 on Bun Roasted Carrots Fruit Milk	Pizza Bites 19 Leafy Green Salad Fruit Milk	Pulled BBQ 20 Chicken on Bun Pasta Salad Baked Beans Fruit / Milk	Breakfast for Lunch 21 French Toast Sticks Sausage Mixed Berries Milk
Ziti 24 Green Beans Fruit Milk	Sweet & Sour Chicken 25 Over Rice Oriental Blend Veg Fruit Milk	Nacho's 26 Meat & Cheese Marinated Black Beans Fruit Milk	Ham 27 Potatoes Peas Fruit Milk	Beef Frank on Bun 28 Chips Carrots Apple Slices Milk
Chicken Club on Bun 31 Carrots Fruit Milk				