

Laurens Central School

January 2012

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 HAPPY NEW YEAR</p> <p>NO SCHOOL</p>	<p>3 Waffles w/ Fruit Topping</p> <p>Pasta w/ Marinara or Meat Sauce Tossed Salad</p>	<p>4 Pancakes Breakfast Sausage</p> <p>BBQ Pork Patty Mixed Vegetables</p>	<p>5 Breakfast Burrito</p> <p>Chicken Stir Fry w/ Vegetables Steamed Brown Rice</p>	<p>6 French Toast Sticks Breakfast Sausage</p> <p>Assorted Pizza Tossed Salad</p>
<p>9 Waffles w/ Syrup</p> <p>Grilled Cheese Tomato Soup Carrots</p>	<p>10 Breakfast Sandwich</p> <p>Cheese Ravioli Caesar Salad Dinner Rolls</p>	<p>11 Apple Pancakes</p> <p>Sweet Italian Sausage Peppers and Onions Rice Pilaf</p>	<p>12 Breakfast Burrito</p> <p>Macaroni and Cheese Soft Pretzel Peas</p>	<p>13 French Toast Sticks</p> <p>Buffalo Chicken Patty Roasted Potatoes Green Beans</p>
<p>16 MARTIN LUTHER KING DAY</p> <p>NO SCHOOL</p>	<p>17 Breakfast Sandwich</p> <p>Hamburger or Cheeseburger French Fries</p>	<p>18 Chocolate Chip Pancakes</p> <p>Pasta Bar Dinner Rolls Tossed Salad</p>	<p>19 Breakfast Burrito</p> <p>Taco Bar Black Beans South of the Border Rice</p>	<p>20 French Toast Sticks Breakfast Sausage</p> <p>Assorted Pizza Tossed Salad</p>
<p>23 Waffles w/ Syrup Breakfast Ham</p> <p>Pasta w/ Marinara or Meat Sauce Tossed Salad Rolls</p>	<p>24 Breakfast Sandwich</p> <p>Hot Dog French Fries Peas</p>	<p>25 Pancakes</p> <p>Fish Nuggets Green Beans Tater Tots</p>	<p>26 Breakfast Burrito</p> <p>Chicken Fajita Peppers and Onions Rice Pilaf</p>	<p>27 French Toast Sticks</p> <p>Fried Chicken Carrots Baked Potato Bar</p>
<p>30 Waffles w/ Fruit Topping</p> <p>Baked Ziti Tossed Salad Dinner Rolls</p>	<p>31 Breakfast Sandwich</p> <p>BBQ Pork Patty Steamed Corn</p>	<p>DID YOU KNOW?</p> <p><i>A fresh egg will sink in water, a stale one will float.</i></p>		

A La Carte

Prices	
Breakfast	K-12 \$1.25
Lunch	K-3 \$1.40
	4-12 \$1.75
Adult Breakfast	Ala Carte
Adult Lunch	\$3.30(incl. tax)

MENU IS SUBJECT TO CHANGE

A full lunch must consist of 3-5 components: protein, grain and vegetable

FREE AND REDUCED APPLICATIONS ARE ACCEPTED ALL YEAR

School News

Always Available for Breakfast:

Assorted Cold Cereals
Bagels
Whole Wheat Toast
Fruit Cups
Apples, Oranges, and Bananas
Variety of Milk
Apple Juice or Orange Juice

Always Available for Lunch:

Variety of Milk
Fruit Cup
Vegetable Cup
Homemade Soup
Fresh Assorted Sandwiches
Yogurt
Peanut Butter and Jelly Sandwich

