

Every day we offer a delicious and varied salad bar full of fruits and veggies. This accompanies our from scratch cooking methods.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Grilled Cheese Sandwich Tomato Soup Fruits / Vegetables / Milk</p>	<p>3</p> <p>Hamburger / Cheeseburger Potato Wedges / Baked Beans Fruits / Vegetables / Milk</p>	<p>4</p> <p>Turkey Pot Pie Brown Rice & Homemade Crust Roasted Broccoli Fruits / Vegetables / Milk</p>	<p>5</p> <p>Chili Brown Rice Cornbread Fruits / Vegetables / Milk</p>	<p>6</p> <p>Pizza Day Cheese, Pepperoni & Specialty Fruits / Vegetables / Milk Homemade Dessert</p>
<p>9</p> <p>Spaghetti & Meat Sauce Caesar Salad Fruits / Vegetables / Milk</p>	<p>10</p> <p>Chicken Quesadilla Brown Rice Beans / Corn Fruits / Vegetables / Milk</p>	<p>11</p> <p>Sloppy Joe Sandwich Buttered Corn Fruits / Vegetables / Milk</p>	<p>12</p> <p>Brunch for Lunch Pancake / Maple Syrup Scrambled Eggs / Sausage Yogurt / Granola / Berries Fruits / Vegetables / Milk</p>	<p>13</p> <p>Pizza Day Cheese, Pepperoni & Specialty Fruits / Vegetables / Milk Homemade Dessert</p>
<p>16</p> <p>Italian Dunkers Marinara Roasted Cauliflower Fruits / Vegetables / Milk</p>	<p>17</p> <p>Beef Tacos Brown Rice Beans / Corn Fruits / Vegetables / Milk</p>	<p>18</p> <p>BBQ Chicken Sandwich Coleslaw Fruits / Vegetables / Milk</p>	<p>19</p> <p>Chili Mac Cheddar Biscuit Steamed Carrots Fruits / Vegetables / Milk</p>	<p>20</p> <p>Superintendent's Day No School</p>
<p>23</p> <p>Sticky Chicken Brown Rice Roasted Broccoli Fruits / Vegetables / Milk</p>	<p>24</p> <p>Macaroni & Cheese BBQ Chicken Green Beans Fruits / Vegetables / Milk</p>	<p>25</p> <p>Chicken Fajitas Peppers & Onions Brown Rice / Refried beans Fruits / Vegetables / Milk</p>	<p>26</p> <p>Brunch for Lunch Bacon, Egg & Cheddar on a Bagel Home fries / Melon Fruits / Vegetables / Milk</p>	<p>27</p> <p>Pizza Day Cheese, Pepperoni & Specialty Fruits / Vegetables / Milk Homemade Dessert</p>
<p>30</p> <p>Baked Chicken Parmesan Pasta Caesar Salad Fruits / Vegetables / Milk</p>	<p>31</p> <p>Buffalo / BBQ / Plain Chicken Wrap Pasta Salad Fruits / Vegetables / Milk</p>	<p>Local Vendors We are Proud to Use: Juniper Hill Farm (JH)- Produce, Fresh Eggs North Country Creamery- Yogurt Glens Falls Produce- Milk Circle C- Ground Beef</p>		



Moriah Central School encourages all students to select a complete meal containing all 5 food components at lunch. Students **must** select at least 3 food components, with one of the food components being at least ½ cup of fruit or vegetable to constitute a reimbursable meal.

Alternate choices are PB&J or Egg Salad Sandwich. All Students eat at no cost.

Menus are subject to Change

This Institution is an Equal Opportunity Provider