

Monday

Tuesday

Wednesday

Thursday

Friday



1
Cheese Pizza
or Specialty Pizza
Homemade Dessert
Fruits and Vegetables
Milk

4
Italian Dunkers
Marinara Sauce
Roasted Vegetables
Fruits and Vegetables
Milk

5
Cinco De Mayo
Local Beef Tacos
With all the Fixings!
Brown Rice and Beans
Fruits and Vegetables
Milk

6
Chicken Lo Mein
With Whole Grain Pasta
And Fresh Local Vegetables
Fruits and Vegetables
Milk

7
Sloppy Joe Sandwich
Served on a Whole Grain
Roll with Pasta Salad
Fruits and Vegetables
Milk


8
Pizza Quesadillas
Cheese or Pepperoni
Homemade Dessert
Fruits and Vegetables
Milk

11
Chicken Str Fry
Brown Rice
Fruits and Vegetables
Milk

12
Chicken Cantina Bowl
Seasoned Chicken
Fresh Pico De Gallo
Brown Rice and Black Beans
Fruits and Vegetables
Milk

13
Chicken Alfredo
Homemade Garlic Bread
Broccoli
Fruits and Vegetables
Milk

14
Meatloaf
Mashed Potatoes
Roasted Carrots
Homemade Roll
Fruits and Vegetables
Milk


15

no school

18
Tomato Soup
Grilled Cheese Sandwich
With Homemade Bread
Fruits and Vegetables
Milk

19
Pulled BBQ
Chicken Nachos
Homemade Cheese Sauce
Black Bean and Corn Salsa
Fruits and Vegetables
Milk

20
Cheeseburger or Hamburger
Macaroni and Cheese
Fruits and Vegetables
Milk

21
Chef's Special

22

no school

25

no school

26
Chicken Burrito
Cilantro Lime Rice
Black Beans
Fruits and Vegetables
Milk

27
Spaghetti and Meatballs
Homemade Garlic Breadstick
Caesar Salad
Fruits and Vegetables
Milk

28
Beef and Vegetable Stew
Homemade Roll
Fruits and Vegetables
Milk

29
French Bread Pizza
Cheese or Specialty
Homemade Dessert
Fruits and Vegetables
Milk

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 being 1/2 of a cup of fruit or vegetable to constitute a reimbursable meal.

Alternate lunch choices are PB&J or Egg Salad Sandwich. All Students at Moriah Central School eat free meals!
If you have a food allergy, please notify us.