


Dolgeville Central School

February 2019 Lunch Menu

										Friday 1	
										Devil Dunkers or Pizza Variety	MMA WG DGV
										Marinara Sauce	ROV
										Pasta with Sauce	WG
										Spinach	DGV
										Chilled Fruit Cup	F
										Fresh Fruit	F
Monday 4	Comp	Tuesday 5	Comp	Wednesday 6	Comp	Thursday 7	Comp	Friday 8	Comp		
Pasta with Meat or Marinara Sauce	WG WG MMA ROV	Chinese New Year Sweet & Sour Chicken on Rice	MMA WG	Spicy Chicken Wrap or Popcorn Chicken	MMA WG MMA WG	Hamburger or Cheeseburger on a Bun	MMA WG MMA WG	Chicken Wing or Pizza Variety	MMA WG MMA WG		
Condiments	X	Condiments	X	Condiments	X	Condiments	X	Condiments	X		
Green Beans	OV	Oriental Vegetables	OV	Baked Beans	L	Sweet Potato Fries	ROV	Pasta with Sauce	WG		
Broccoli	DGV	Corn	SV	Cherry Tomatoes	ROV	Key Largo Blend	OV	Colleen's Greens	DGV		
Applesauce	F	Mandarin Oranges	F	Mixed Fruit	F	Pears	F	Chilled Fruit Cup	F		
Fresh Fruit	F	Fresh Fruit	F	Fresh Fruit	F	Fresh Fruit	F	Fresh Fruit	F		
		Fortune Cookie									
Monday 11	Comp	Tuesday 12	Comp	Wednesday 13	Comp	Thursday 14	Comp	Friday 15	Comp		
Meatloaf with Mashed Potatoes	MMA SV	Soft Taco or Nachos with Meat & Cheese	MMA WG DGV WG	Spicy Chicken Wrap or Popcorn Chicken	MMA WG MMA	BBQ Pork on a Bun or Turkey or Ham Deli	MMA WG MMA WG	Cheese Sticks with Marinara Sauce or Pizza Variety	MMA ROV MMA WG		
Brown Gravy	X	Condiments	X	Condiment	X	Condiment	x	Condiments	X		
Breadstick	WG	Spanish Rice	WG	Rice Pilaf	WG	Oven Fries	SV	Pasta with Sauce	G		
Carrots	ROV	Refried Beans	L	Celery with Ranch	OV	Winter Blend	OV	Spinach	DGV		
Squash Medley	OV	Seasoned Tomatoes	ROV	Green Beans	OV	Coleslaw	OV	Corn	SV		
Peach Cup	F	Pears	F	Applesauce	F	Valentine Treat	X	Chilled Fruit Cup	F		
Fresh Fruit	F	Fresh Fruit	F	Fresh Fruit	F	Fresh Fruit	F	Fresh Fruit	F		

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Monday 18		Tuesday 19		Wednesday 20		Thursday 21		Friday 22	
NO SCHOOL TODAY		NO SCHOOL TODAY		ENJOY YOUR MID WINTER BREAK		NO SCHOOL TODAY		NO SCHOOL TODAY	
Monday 25		Tuesday 26		Wednesday 27		Thursday 28			
Pasta with Meat or Marinara Sauce	MMA WG MMA WG	Soft Tacos or Nachos with Meat & Cheese	WG MMA	Spicy Chicken Wrap or Popcorn Chicken	MMA WG MMA WG	Cheeseburger or Turkey or Ham Deli	MMA WG MMA G		
Condiments	ROV	Condiments	X	Condiment	X	Condiments	X		
Broccoli	DGV	Rice Pilaf	WG	Roasted Potatoes	SV	Sweet Potato Tots	ROV		
Green Beans	OV	Pinto Beans	L	Carrot Sticks	ROV	Vegetable Medley	OV		
Applesauce	F	Corn	SV	Strawberry Cup	F	Tropical Fruit	F		
Fresh Fruit	F	Pears	F	Fresh Fruit	F	Fresh Fruit	F		
		Fresh Fruit	F						

ENTREES AVAILABLE DAILY: PEANUT BUTTER & JELLY OR TUNA SANDWICH. **HIGH SCHOOL SIDE ONLY:** SANDWICHES, PEPPERONI OR CHEESE PIZZA OR SALAD BAR. HOT SOUP IS AVAILABLE ON **THURSDAYS**. **CHOOSE ONE OF THE ENTREES IN BOLD PRINT OR 1 OF THE ENTREES THAT ARE AVAILABLE DAILY.** WHOLE GRAIN BREADS AND ROLLS ARE SERVED DAILY WITH LUNCHES. THE NEW REGULATIONS REQUIRE THAT FATS, SUGAR, CALORIES AND ALSO GRAINS BE COUNT IN ALL MEALS. STUDENTS **MUST CHOOSE** A FRUIT **OR** A VEGETABLE OFFERING WITH THEIR MEAL EVERY DAY. FRUITS AND VEGETABLES ARE UNLIMITED. **(ONLY 1 JUICE)** EACH WEEKLY MENU MUST CONTAIN A VARIETY OF FRUITS AND VEGETABLES. VEGETABLES ARE DIVIDED INTO SUB GROUPS. (DARK GREEN VEGETABLES LIKE SPINACH, ROMAINE LETTUCE, & KALE; RED ORANGE VEGETABLES LIKE SWEET POTATOES, SQUASH, CARROTS & TOMATOES. FOR THE REMAINDER OF THIS YEAR THE MEAT/PROTEIN AND GRAIN MAXIMUMS HAVE BEEN WAIVED. **MILK VARIETY:** LOW FAT, FAT FREE AND FAT FREE FLAVORED. IF YOU HAVE QUESTIONS ABOUT THE NEW REGULATIONS, PLEASE CALL 429-3155 X 2951 OR EMAIL pwilliams@dolgeville.org.