



# February 2023



## Global Concepts High School 9-12

### Lunch Menu



**Personal Touch**  
FOOD SERVICE

Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>NYS Apples</b> <b>NYS Winter Squash</b>		<b>Taco 10" Shell</b> (2M, 2G) ----- Refried Beans 1/2c Steamed Rice 1/2c Fruit 1/2c Milk 8 oz	<b>Chicken Fingers</b> (2M, 2G) ----- Roman Salad 1/2c Garden Peas 1/2c Fruit 1/2c Milk 8 oz	<b>Turkey and Gravy</b> <b>Dinner Roll</b> (2M, 2G) ----- Mashed Potatoes 1/2c Corn Nibbles Fruit 1/2c Milk-8oz
<b>Popcorn Chicken</b> (2M, 2G) ----- Oven Browned Potatoes 1/2c Fruit 1/2c Milk-8oz	<b>Breakfast 10" Wraps</b> <b>For Lunch!</b> <b>8" Wrap, Egg,</b> <b>Cheddar Cheese</b> <b>Hash Brown</b> (2M, 2G) ----- Hash Brown Patty 1/2c Carrot Coins 3/4c Fruit 1/2c Milk-8oz	<b>Cheese Pizza</b> (2M, 2G) ----- Romain Salad 1c Fruit 1/2c Milk -8oz	<b>Roasted Chicken</b> (2M, 2G) ----- Mashed Potatoes 1/2c Broccoli 1/2c Fruit 1/2c Milk-8oz	<b>Cheese Sticks</b> <b>Dipping Sauce</b> (2M, 2G) ----- Refried Beans 1/2c Steamed Rice 1/2c Fruit 1/2c Milk-8oz
<b>Hamburger</b> (2M, 2G) ----- Carrot Rounds 3/4c Oven Browned Potatoes 1/2c Fruit 1/2c Milk-8oz	<b>Grilled Cheese</b> (2M, 2G) ----- Romain Salad 1c Green Beans 1/2c Fruit 1/2c Milk-8oz	<b>Chicken Nuggets</b> (2M, 2G) ----- Romain Salad 1c Oven Browned Potatoes 1/2c Fruit 1/2c Milk-8oz	<b>Meat Loaf on a Roll</b> (2M, 2G) ----- Mashed Potatoes 1/2c Corn Nibbles Fruit 1/2c Milk-8oz	<b>Early Release</b>  <b>No Lunch</b>
	<b>No School</b> <b>Mid-Winter Recess</b>	<b>No School</b> <b>Mid-Winter Recess</b>	<b>No School</b> <b>Mid-Winter Recess</b>	<b>No School</b> <b>Mid-Winter Recess</b>
<b>Taco 8" Shell</b> (2M, 2G) ----- Refried Beans 1/2c Garden Corn 1/2c NY State Apples 1 piece Milk-8oz	<b>Popcorn Chicken</b> <b>Mashed Potato Bowl</b> (2M, 2G) ----- Corn 3/4c Fruit 1/2c Milk 8 oz	 <b>NYS Apples</b> <b>NYS Winter Squash</b>	 <b>Apples</b> <b>FROM</b> <b>NEW YORK</b>	

## **NYS LOCAL FOODS**

- \*Upstate Farms Dairy
- milk, yogurt, sour cream
- \*LynOaken Farms Apples
- \*Local Farm Vegetables and Fruit
- used in Meal Program
- highlighted in green

### We serve the following Items Daily

- Deli Bar! (2M2G)
- Salad Bar! (2M2G)
- PBJ Sandwiches! (2M2G)
- Made Fresh Daily!!!!**
- Fresh or prepared fruits and
- vegetables offered daily.

(Must take 1/2 cup of Fruit or Veggies  
may take one cup)

**Non-or Low-Fat White or**  
**Non-Fat Chocolate Milk**



*This Institution is an equal opportunity  
provider and employer*