

Horde Immunity.

Has the altered school schedule left you scrambling to feed the ravenous horde of always-hungry kids and teens who are suddenly home all the time? Good news – *we can help you feed your hungry horde!* Through June 30 all of our meals are FREE to all students and – get this -- available for convenient curbside pickup! Featuring delicious ready-to-eat food and heat-at-home meals, plus tons of fresh fruit, veggies, milk, and much more! When you take advantage of this free resource, you not only give your family “Horde Immunity,” but you also help our child nutrition program stay viable through this difficult time. See the details below and please join us Curbside!

School Meals
We serve education every day™

HAPPY★NEW★YEAR

Menus for January 2021

Plattsburgh City SD *Menu subject to change*

This institution is an equal opportunity provider. Menus are subject to change.

Monday, January 4	Tuesday, January 5	Wednesday, January 6	Thursday, January 7	Friday, January 8
5daypickup 10am-12 At all school buildings	5daypickup 10am-12 At all school buildings	5daypickup 10am-12 At all school buildings	5daypickup 10am-12 At all school buildings	5daypickup 10am-12 At all school buildings
Also 5 Day Meals available To pickup at the TED-K -Center	Also 5 Day Meals available To pickup at the TED-K -Center	Also 5 Day Meals available To pickup at the TED-K -Center	Also 5 Day Meals available To pickup at the TED-K -Center	Also 5 Day Meals available To pickup at the TED-K -Center

Monday, January 11	Tuesday, January 12	Wednesday, January 13	Thursday, January 14	Friday, January 15
<u>Breakfast</u> Fruit, Cereal , Milk	<u>Breakfast</u> Fruit , Strawberry Pancakes, Syrup, Milk	5daypickup 10am-12 At all school buildings	<u>Breakfast</u> Fruit , Strawberry Pancakes, Syrup, Milk	<u>Breakfast</u> Fruit, Cereal , Milk
<u>Lunch</u> <u>Nachos To Go</u> Seasoned Turkey, Cheese, Tortilla Chips Corn Peach Cup, Milk	<u>Lunch</u> <u>Nachos To Go</u> Seasoned Turkey, Cheese, Tortilla Chips Corn Peach Cup, Milk	Also 5 Day Meals available To pickup at the TED-K -Center	<u>Lunch</u> <u>Chicken Nuggets</u> Veggie Berry Fruit Cup Milk	<u>Lunch</u> <u>Chicken Nuggets</u> Veggie Berry Fruit Cup Milk

CURBSIDE CHOW

Always delicious. Always FREE for all students.
Always prepared for your family with love.

WHA A nutritious variety of ready-to-eat and heat-at-home breakfast and lunch meals, plus fresh fruit, veggies, milk, and lots more for 3 or 5 days.

WHE Glasgow, Oak, High School -
Group 1-Monday, Group 2-Tuesday
Momot-Group 2 Thurs, Group 1 Friday
Middle -Group 2 Tuesday,
Group 1 Thursday
Remote Wednesday 5daypickup,11am-12 at the TED K center

WHE Designated Exit doors
RE at dismissal time

Got questions?
Call 518-561-7500, ext 5093 or email
coconnor@plattsbsd.org

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Monday, January 18
MLK Day
 No School Today

Tuesday, January 19
Breakfast
 Fruit, Strawberry Pancakes,
 Syrup, Milk

Lunch
 Pizza
 Corn
 Mixed Fruit Cup
 Milk

Wednesday, January 20
 Meals To Go

Thursday, January 21
Breakfast
 Fruit, Strawberry Pancakes,
 Syrup, Milk

Lunch
 Roasted Chicken
 Bread stick
 Carrots
 Berry Cup
 Milk

Friday, January 22
Breakfast
 Fruit, Cereal, Milk

Lunch
 Roasted Chicken
 Bread stick
 Carrots
 Berry Cup
 Milk



When you follow your inspiration,
 you almost always find your way.
 Good luck the rest of the year!

Monday, January 25
Breakfast
 Fruit, Cereal, Milk

Lunch
 Chicken Fillet/
 Cheese /Bun
 Corn
 Pear Cups
 Milk

Tuesday, January 26
Breakfast
 Fruit, Strawberry Pancakes,
 Syrup, Milk

Lunch
 Chicken Fillet/
 Cheese /Bun
 Corn
 Pear Cups
 Milk

Wednesday, January 27
 Meals To Go

Thursday, January 28
Breakfast
 Fruit, Strawberry Pancakes,
 Syrup, Milk

Lunch
 BBO Pork/Bun
 French Fries
 Peach Cup
 Milk

Friday, January 29
Breakfast
 Fruit, Cereal, Milk

Lunch
 BBO Pork/Bun
 French Fries
 Peach Cup
 Milk

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this month: guacamole

There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take guacamole, for instance. You see it a lot this time of year at Super Bowl parties.

Guacamole is a nutritious and INCREDIBLY tasty dip made from avocados

and some combination of garlic, jalapeños, cilantro, lime juice, salt, and maybe a little tomato or onion and other good stuff. But it looks kind of green and lumpy and a little gross. So you may not like guacamole now. But when your taste buds grow up, you'll probably love it!



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Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

USDA is an equal opportunity provider and employer.

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 Remote -Wednesday—5day pickup,
 10am-12

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