

# DeRuyter 9-12 Menu

# January 2019

Menu Subject to Change

DeRuyter School District Is An Equal Opportunity Provider and Employer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Holiday Recess  No School	<b>2</b> Holiday Recess  No School	<b>3</b> Baked Chicken w/ Dinner Roll  Mashed Potato w/ gravy Corn	<b>4</b> Assorted Pizza  Broccoli Garden Salad
<b>7</b> Popcorn Chicken w/ Biscuit  Baked French Fries Seasoned Carrots	<b>8</b> Cheeseburger  Sweet Potato Gems Baked Beans Fresh Fruit	<b>9</b> DeRuyter Style Mac & Cheese w/ Dinner Roll  Seasoned Green Beans Spinach	<b>10</b> Orange Chicken w/ Low Mein  Stir Fried Broccoli Carrots	<b>11</b> Homemade Pizza  Garden Salad w/ Dressing Seasoned Broccoli Fresh Fruit
<b>14</b> Chili Dog on a WG Roll  Baked Beans Potato Gems	<b>15</b> Mini Pancake w/ Sausage  Tater Tots 100% Fruit-Vegetable Juice Fresh Fruit	<b>16</b> Meatball Sub On whole Grain Roll  Carrots Garden Salad w/ Dressing	<b>17</b> Cowboy Beef Chili w/ Corn Bread  Seasoned Carrots Seasoned Green Beans Fresh Fruit	<b>18</b> Nardone's Pizza  Garden Salad w/ Dressing Seasoned Broccoli Fresh Fruit
<b>21</b> Martin Luther King Day  No School	<b>22</b> Pizza Crunchers w/ Sauce  Carrots Celery w/ Dip Fresh Fruit	<b>23</b> Pasta & Meatballs w/ Garlic Break Stick  Seasoned Green Beans Garden Salad w/ Dressing	<b>24</b> Soft Beef Taco  Cheesy Bean Dip Seasoned Corn Fresh Fruit	<b>25</b> Homemade Pizza  Garden Salad w/ Dressing Seasoned Broccoli Fresh Fruit
<b>28</b> Pulled Pork Sandwich on a WG Bun BBQ Baked Beans Sweet Potato Fries	<b>29</b> Breakfast Sandwich w/ Sausage  Tater Tots 100% Fruit-Vegetable Juice Fresh Fruit	<b>30</b> Toasted Cheese Sandwich  Tomato Soup w/ Crackers Garden Salad w/ Dressing	<b>31</b> Chicken & Potato Bowl w/ Biscuit  Mashed Potatoes Seasoned Corn Fresh Fruit	<u>Available with All Lunches</u> Assorted Fruit Cups Milk Choice

### Available Daily

A variety of  
Pizza  
PB & J and Yogurt Meal

### Second Choice

Monday – Cheeseburger  
Tuesday – Chicken Patty  
Wednesday – Deli Wrap  
Thursday – Salad Bar  
Friday – Fish

Breakfast and Lunch Are  
Free for Every Student

Visit our website to print  
an application and to  
view menus.

[www.deruytercentral.org](http://www.deruytercentral.org)

True or False  
“Multigrain” breads are  
always whole grain?

False  
(Multi-grain only means that  
multiple grains are used.  
The grains could still be  
refined.)