



JANUARY 2024

Panama Lunch Menu

As of Dec 1, Student
Breakfast and Lunch
meals at
Panama Central School
will be Free.

Personal Touch
FOOD SERVICE

Menu is subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday



1

Havanna Nachos

2

Black Bean Salad 3/4 C
NYS Apple -1 Piece
Milk-8oz

3

Meatball Sub

Broccoli 3/4C
Fruit 1/2C
Milk-8oz

4

Chicken Parmesan
Sandwich

Green Beans 3/4C
Fresh Fruit 1 piece
Milk-8oz

5

Chicken Alfredo

Carrots 3/4c
French fries 1/2C
Fruit 1/2C
Milk-8oz

8

Combo Basket

Baked Beans - 3/4C
Fruit 1/2C
Milk-8oz

9

Pulled Pork Sliders

Corn 3/4C
Fruit 1/2c
Milk -8oz

10

Nacho Grande

Steamed Broccoli 3/4c
Fresh Fruit-1Piece
Milk-8oz

11

Macaroni & Cheese

NYS Cole Slaw 3/4C
NYS Apple-1Piece
Milk-8oz

12

Chicken Tender Sub

Carrots 3/4C
Fruit 1/2C
Milk-8oz

15



Chicken Patty on
WG Bun

Black Bean Salad 3/4 C
NYS Apple -1 Piece
Milk-8oz

16

Chicken Alfredo

Peas 3/4C
Fruit 1/2C
Milk-8oz

18

BBQ Chicken
Filet
Sandwich

Carrots 3/4C
NYS Steamed
Cabbage- 1/2C
Fresh Fruit -1 Piece
Milk -8oz

19

Grilled Cheese

Steamed Broccoli 3/4c
Fruit 1/2c
Milk-8oz

22

Macaroni & Cheese

Baked Beans 3/4C
Fruit 1/2c
Milk-8oz

23

Sweet & Sour Meatballs
w/ Rice

Carrots 3/4C
Fruit 1/2c
Milk-8oz

24

Meatball Sub

Broccoli 3/4C
NYS Apple -1 piece
Milk-8oz

25

Opposite Day
Breakfast for Lunch
French Toast Sticks
Sausage

Roasted Red Potato
Wedges 3/4C
Juice Rush=1/2C Fruit
Milk-8oz

26

Havanna Nachos

Green Beans 3/4C
Fruit 1/2C
Milk-8oz

29

Buffalo Chicken Filet
on Bun

Broccoli 3/4C
Fruit 1/2C
Milk-8oz

30

Chicken Alfredo

Corn 1/2C
Black Bean Salad 1/2 C
NYS Apple -1 Piece
Milk-8oz

31

Macaroni & Cheese

Carrots 1/2C
Green beans 1/2C
Fruit 1/2c
Milk-8oz

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

In addition to the Entrée of the Day,
we also serve the following Items
Daily:

Salads Made to Order
(Includes Flatbread) 2M2G

Peanut Butter & Jelly Sandwich (2M2G)

Fruit & Yogurt Parfait
w/Flatbread(2M2G)

Offered daily
with all School Lunches:
Fresh or Prepared Fruit

(Must take ½ cup of Fruit or Vegetable –
may take up to 1 cup)

NY State Non or Low Fat
White or
Non Fat Chocolate Milk 8oz

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
MySchoolBucks.com

Harvest
of the
Month
Growing Healthy Students

NYS Potatoes
NYS Cabbage
NYS Apples

If your Son or Daughter has a particular food allergy, please
contact the food service office @