



# December 2024



# Lunch

## Panama



NYS Apples  
NYS Spaghetti,  
Butternut and  
Acorn squash

Monday	Tuesday	Wednesday	Thursday	Friday
2 Deluxe Cheeseburger On Bun  Peas ½c Steamed Carrots ¾c Fresh or Prepared Fruit ½c <b>Milk-8oz</b>	3 Chicken Alfredo  Black Beans ½c Corn ½c Fresh or Prepared Fruit ½c <b>Milk-8oz</b>	4 Popcorn Chicken  Green Beans ½ Steamed Carrots ½c Fresh or Prepared Fruit ½c <b>Milk-8oz</b>	5 Meatball Sub  Broccoli ½c NYS Spaghetti Squash ½c Fresh or Prepared Fruit ½c <b>Milk-8oz</b>	6 Grilled Ham & Cheese Sandwich  1c Romaine Lettuce =1/2c Baked Beans ½c Fresh or Prepared Fruit ½c <b>Milk-8oz</b>
9 Combo Basket  Fresh Carrots 1/2c Broccoli 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	10 Chicken Patty on Bun  Sliced Cucumbers 1/2c Corn 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	11 French Toast Sticks & Sausage  Steamed Carrots 3/4c Peas 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	12 Turkey & Gravy w/ Biscuit  Mashed Potatoes 1/2c NYS Butternut Squash 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	13 Macaroni & Cheese  Baked Beans 1/2c 1c Romaine Lettuce = 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>
16 Chicken Nuggets  Steamed Carrots 3/4c Peas 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	17 Sweet & Sour Meatballs w/ Rice  Steamed Corn 1/2c Mixed Vegetables 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	18 Grilled Cheese Sandwich  Broccoli 1/2c Black Beans 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	19 Deluxe Burger  Bell Pepper slices 1/2c NYS Acorn Squash 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	20 <b>Ugly Sweater Day</b> Spaghetti and Meatballs <b>**Jolly**</b> Sidekick Frozen Fruit juice = 1/2c 1c Romaine Lettuce = 1/2c Green Beans 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>
23 	24	25	26	27
 <h1>Christmas Recess</h1>				
30				

### NYS LOCAL FOODS

*\*Upstate Farms*  
Milk, Yogurt, Sour Cream  
*Eden Valley Growers*  
Assorted Varieties of Apples  
*Eden Valley Growers*  
Assorted Fruits & Vegetables  
used in Meal Program  
highlighted in green

### The Following Entrees Served Daily:

#### Available Daily

PBJ  
Salad Bar  
Pizza M,W,F  
Tacos Tue  
Various Options  
Thurs

### 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 8oz 1% or Skim White Milk**  
**Fat Free Chocolate Milk**

On call substitute positions available in the Bemus Point, Panama and Southwestern Cafeterias.

Call 716-664-6940 for more information.

MY SCHOOL BUCKS  
PAY FOR MEALS ONLINE  
MySchoolBucks.com

If your son/daughter has a particular food allergy, please contact the food service office @  
[spaden@swcsk12.org](mailto:spaden@swcsk12.org)