# Breakfast

Three Components Served Daily: Grain 1 oz. Fruit 1 cup Milk 8 oz. 350-500 Calories

## Sandwich Shop

**Monday**
- Grilled Cheese

**Tuesday**
- Turkey/Cheese

**Wednesday**
- Buffalo Chicken Wrap

**Thursday**
- Turkey

**Friday**
- Chicken Salad

## Salads Galore!

**Monday**
- Vegetarian Vegetable

**Tuesday**
- Turkey Cranberry

**Wednesday**
- Chopped Chicken/Cheese

**Thursday**
- Chef Salad

**Friday**
- Chicken Caesar

All Salads include a Grain

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# Lunch

### *Choose a Meal* Breakfast

THREE CHOICES OFFERED EVERY DAY Include A Grain, Fruit and Local Milk!!!

- **Cereal of the Day**
- **Blueberry Muffin**
- **Upstate Farms Yogurt**

### *Choose a Meal* Lunch

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mac and Cheese, Baby Carrots, Apple sauce, Milk</td>
<td>Happy Chicken and Rice, Green Beans, Orange Wedges, Milk</td>
<td>BBQ Beef Patty w/Bun, Sweet Potatoes, Fresh Pear, Milk</td>
<td>Cheese Pizza, Corn, Peaches, Milk</td>
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<tr>
<td>7</td>
<td>Cheese Ravioli, Green Beans, Apple sauce, Milk</td>
<td>Lasagna Roll Up, Mixed Vegetable, NY Apple, Milk</td>
<td>Cheeseburger, Dill Pickles, Oven Fries, Fruit Cocktail, Milk</td>
<td>Popcorn Chicken, Buttered Broccoli, Diced Pears, Milk</td>
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<tr>
<td>15</td>
<td>Presidents’ Day</td>
<td>French Toast Sticks, Sweet Sausage Links, Smiley Potato, Apple sauce, Milk</td>
<td>Mozzarella Sticks, Marinara Sauce, Vegetable Soup, Juicy Pears, Milk</td>
<td>Chicken Tenders, Corn, Fruit Cocktail, Milk</td>
</tr>
<tr>
<td>22</td>
<td>Cheese Pizza, Green Beans, Apple sauce, Milk</td>
<td>Chicken Nuggets, BBQ Sauce, Buttered Carrots, NY Apple, Milk</td>
<td>Asian Chicken, Steamed Rice, Buttered Broccoli, Fresh Pear, Milk</td>
<td>Fish Sticks, Mixed Vegetable, Peaches, Milk</td>
</tr>
</tbody>
</table>

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### Important Notes

- **Meal Prices**
  - Breakfast: No Charge
  - Lunch: No Charge
  - Reduced: No Charge
  - Hudson Valley Fresh Milk: $0.60

- **DID YOU KNOW?**
  - MySchool-Bucks.com makes meal payment convenient and simple! You can manage your student’s account and make payments.

- **Allergy Alerts!**
  - Call for details.
  - Some menu items may contain tree nuts and or seeds.

- **Questions, Comments**
  - Please call: Larry Anthony, FSD 845.758.2241 Ext. 38100

- **We Are an Equal Opportunity Provider & Employer**
  - Employment Opportunities Available!!!

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**February 2021**

**Chancellor Livingston**

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**Meal Delivery**

If you are in need of a meal delivery, please email us at: meals@rhinebeckcsd.org

Curbside pick up available every day M-F at BMS 8:30-11:00am

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**Free and Reduced Lunch Applications**

Available in your school office and on the school web page.