

Breakfast Menu

CASTLETON ELEMENTARY

January 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



2 Chocolate Chip Muffin
1% Milk
Fresh Orange
100% Apple Juice

3 Maple Mini Waffles
1% Milk
Orange 100% Juice
Sliced Apples

4 Red. Sugar Cocoa Puffs Cereal
Graham Crackers
1% Milk
Fresh Orange
100% Apple Juice

5 Brown Sugar Cinnamon Pop Tart
Graham Crackers
1% Milk
Orange 100% Juice
Sliced Apples

8K Whole Grain Bagel with Cream Cheese
1% Milk
Orange 100% Juice
Sliced Apples

9 WG Cherry Muffin
K 1% Milk
100% Apple Juice
Fresh Orange

10 Egg and Cheese Sandwich
1% Milk
Orange 100% Juice
Sliced Apples

11K Fruity Cheerios Cereal
Graham Crackers
1% Milk
Fresh Orange
100% Apple Juice

12 Cinnamon Bun Sticks
Graham Crackers
1% Milk
Orange 100% Juice
Sliced Apples



16 Blueberry Muffin
K 1% Milk
Orange 100% Juice
Sliced Apples

17 Egg and Cheese Sandwich
1% Milk
Fresh Orange
100% Apple Juice

18 Golden Grahams Cereal
K Graham Crackers
1% Milk
Orange 100% Juice
Sliced Apples

19 Brown Sugar Cinnamon Pop Tart
1% Milk
Fresh Orange
100% Apple Juice

22 Whole Grain Bagel with Cream Cheese
K 1% Milk
Orange 100% Juice
Sliced Apples

23 Chocolate Chip Muffin
K 1% Milk
Fresh Orange
100% Apple Juice

24 Maple Mini Waffles
1% Milk
Orange 100% Juice
Sliced Apples

25 Red. Sugar Cocoa Puffs Cereal
Graham Crackers
1% Milk
Fresh Orange
100% Apple Juice

26 Cinnamon Bun Sticks
1% Milk
Orange 100% Juice
Sliced Apples

29 Whole Grain Bagel with Cream Cheese
K 1% Milk
Fresh Orange
Sliced Apples
100% Apple Juice

30 WG Cherry Muffin
K 1% Milk
Orange 100% Juice
Fresh Orange
Sliced Apples

31 Egg and Cheese Sandwich
1% Milk
Fresh Orange
Sliced Apples
100% Apple Juice



K = Kosher and is available everyday



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Assorted Fruits and 100% Juice included with all meals

Student Breakfast \$0.00

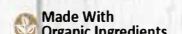
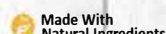
Adult Breakfast \$2.71+tax

For more information

518-732-4269

Available Daily

Assorted Cereals, Pop Tarts and Cereal Bars all are offered w/cheese string, graham cracker, or yogurt. Variety of warm muffins. All served with fat free or low fat milk, assorted juices and fresh fruits.



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Monday

Tuesday

Wednesday

Thursday

Friday



2 Nachos Grande
Walking Taco
Spicy Beef 🌮
Salsa
Black Beans
Diced Peaches
Muffin Lunch 🍷
Bagel Lunch 🍷

3 Grilled Chicken Cutlet
Sandwich
Cinnamon French
Toast 🍷
Turkey Sausage Patty
Mixed Fruit
Homemade Sweet
Beet Salad
Muffin Lunch 🍷

4 Beef Hot Dog on Bun
Cheeseburger
Chilled Red Pepper
Strips
Baked Beans
Fresh Orange
Muffin Lunch 🍷
Bagel Lunch 🍷

5 Cheesy Stuffed
Bread Sticks
*baked bread sticks filled
with melted cheese* 🍷
Marinara Sauce Dip
Roasted Broccoli
K Diced Pear Cup
K Muffin Lunch 🍷
Bagel Lunch 🍷

8 Fluffy Whole Grain
Pancakes 🍷
Turkey Sausage Patty
Syrup
Crispy Chicken
Sandwich
K Steamed Peas
K Applesauce
Muffin Lunch 🍷

9 Walking Taco
Spicy Beef 🌮
Salsa
Black Beans
Diced Peaches
K Muffin Lunch 🍷
K Bagel Lunch 🍷

10 Cheeseburger
Cinnamon French
Toast 🍷
Turkey Sausage Patty
Crispy Potato Puffs
Steamed Carrots
Mixed Fruit
K Muffin Lunch 🍷
K Bagel Lunch 🍷

11 Chicken Nuggets
Beef Hot Dog on Bun
Sweet Potato Fries
Celery
K Strawberry Cup
K Muffin Lunch 🍷
Bagel Lunch 🍷

12 Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🍷
K Steamed Broccoli
K Diced Pear Cup
Muffin Lunch 🍷
Bagel Lunch 🍷



16 Nachos Grande
Walking Taco
Spicy Beef 🌮
Salsa
K Black Beans
K Diced Peaches
Muffin Lunch 🍷
Bagel Lunch 🍷

17 Grilled Chicken Cutlet
Sandwich
Cinnamon French
Toast 🍷
Turkey Sausage Patty
Mixed Fruit
K Homemade Sweet
K Beet Salad
Muffin Lunch 🍷

18 Roasted Turkey with
Gravy
Whole Wheat Dinner
Roll
Beef Hot Dog on Bun
K Glazed Carrots
K Strawberry Cup
Muffin Lunch 🍷
Bagel Lunch 🍷

19 Cheesy Stuffed
Bread Sticks
*baked bread sticks filled
with melted cheese* 🍷
Marinara Sauce Dip
Celery
Roasted Broccoli
K Diced Pear Cup
K Muffin Lunch 🍷

22 Homemade Baked
Pasta with Cheese 🍷
Whole Wheat Dinner
Roll
Crispy Chicken
Sandwich
K Fresh NY Local Apple
K Buttered Corn

23 Walking Taco
Spicy Beef 🌮
Three Vegetable
Medley
K Carrot Dippers
K Diced Peach Cup
Muffin Lunch 🍷
Bagel Lunch 🍷

24 Cinnamon French
Toast 🍷
Turkey Sausage Patty
Grilled Cheese
Sandwich 🍷
Green Beans
Mixed Fruit
K Muffin Lunch 🍷
K Bagel Lunch 🍷

25 Beef Hot Dog on Bun
Cheeseburger
Chilled Red Pepper
Strips
Baked Beans
K Fresh Orange
K Muffin Lunch 🍷
Bagel Lunch 🍷

26 Classic Cheese Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🍷
Steamed Broccoli
K Strawberry Cup
K Muffin Lunch 🍷
Bagel Lunch 🍷

29 Fluffy Whole Grain
Pancakes 🍷
Turkey Sausage Patty
Syrup
Crispy Chicken
Sandwich
Baby Carrots
Applesauce
Muffin Lunch 🍷

30 Nachos Grande
Walking Taco
Spicy Beef 🌮
Salsa
Black Beans
Diced Peaches
Muffin Lunch 🍷
Bagel Lunch 🍷

31 Grilled Cheese
Sandwich 🍷
Cinnamon French
Toast 🍷
Turkey Sausage Patty
Green Beans
Mixed Fruit
Muffin Lunch 🍷
Bagel Lunch 🍷



K = Kosher
and is
available
everyday

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Prices

Lunch is Free for all Students

Milk \$0.50 Adult \$5.02+tax

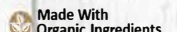
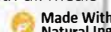
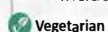
Variety of Fruit and Vegetables.

Fruit Cups, Apples, Oranges
and Bananas

All Grains are WG

1% White Milk or FF Chocolate

Included with all meals



Lunch Daily Offerings:

Romaine Side Salad W/ Dressing, Fruit, Hot Vegetables of the day

Grab and Go Sandwiches~ Turkey and Cheese, PB&J,

Cheese Sandwiches all on WG Breads.

Bagel Meal with Cheese Stick and Yogurt:

Garden Salad with Cheese, (offered with WG Rolls).

Breakfast Menu

Schodack HS

January 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
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Monday

Tuesday

Wednesday

Thursday

Friday



2 Bacon, Egg and Cheese Breakfast Sandwich
Fat Free Chocolate Milk
1% Milk
Sliced Apples
100% Orange
Tangerine

3 Whole Grain French Toast Slices
Fat Free Chocolate Milk
1% Milk
Fresh Orange
100% Apple Juice

4 Scrambled Eggs with Cheese
Toast
Fat Free Chocolate Milk
1% Milk
Sliced Apples
100% Orange
Tangerine

5 Sausage, Egg and Cheese Sandwich
Fat Free Chocolate Milk
1% Milk
Fresh Orange
100% Apple Juice

8 Bacon, Egg and Cheese Breakfast Sandwich
1% Milk
Fat Free Chocolate Milk
Sliced Apples
100% Orange
P Tangerine Juice

9 Homemade Waffles
1% Milk
Fat Free Chocolate Milk
Fresh Orange
100% Apple Juice

10 Sausage, Egg and Cheese Sandwich
1% Milk
Fat Free Chocolate Milk
Sliced Apples
100% Orange
Tangerine Juice

11 Cinnamon Bun Sticks
1% Milk
Fat Free Chocolate Milk
Fresh Orange
100% Apple Juice

12 Bacon, Egg and Cheese Breakfast Sandwich
P 1% Milk
Fat Free Chocolate Milk
Sliced Apples
100% Orange
Tangerine Juice



16 Bacon, Egg and Cheese Breakfast Sandwich
Fat Free Chocolate Milk
1% Milk
Sliced Apples
100% Orange
P Tangerine Juice

17 Whole Grain French Toast Slices
Fat Free Chocolate Milk
1% Milk
Fresh Orange
100% Apple Juice

18 Scrambled Eggs with Cheese
Toast
Fat Free Chocolate Milk
1% Milk
Sliced Apples
100% Orange
Tangerine Juice

19 Sausage, Egg and Cheese Sandwich
Fat Free Chocolate Milk
1% Milk
Fresh Orange
100% Apple Juice

22 Bacon, Egg and Cheese Breakfast Sandwich
Fat Free Chocolate Milk
1% Milk
Sliced Apples
100% Orange
P Tangerine Juice

23 Fluffy Whole Grain Waffles
Fat Free Chocolate Milk
1% Milk
Fresh Orange
100% Apple Juice

24 Ham, Egg and Cheese Sandwich
Fat Free Chocolate Milk
1% Milk
Sliced Apples
100% Orange
Tangerine Juice

25 Cinnamon Bun Sticks
Fat Free Chocolate Milk
1% Milk
Fresh Orange
100% Apple Juice

26 Sausage, Egg and Cheese Sandwich
Fat Free Chocolate Milk
1% Milk
Sliced Apples
100% Orange
Tangerine Juice

29 Egg and Cheese Sandwich
Fat Free Chocolate Milk
1% Milk
Fresh Orange
100% Apple Juice

30 Bacon, Egg and Cheese Breakfast Sandwich
Fat Free Chocolate Milk
1% Milk
Sliced Apples
P 100% Orange
Tangerine

31 Whole Grain French Toast Slices
Fat Free Chocolate Milk
1% Milk
Fresh Orange
100% Apple Juice

Meats served
Turkey Sausage
Pork Bacon
Pork Ham

P = Pork



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Breakfast Prices

Students \$0.00

Adult \$2.71+tax

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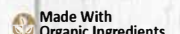
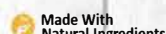
For more information

100% Juice served every day

Available Daily

Assorted WG Cereal ~ Cereal Bars ~ Muffins~ Bagels ~ Egg Sandwiches ~ Milk and Fruit / Fruit Juices, String Cheese ~ Graham Cracker ~ Yogurt

If you have any questions or would like additional information regarding this menu please contact your food service director



Lunch Menu

Schodack HS

January
2024

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Monday

Tuesday

Wednesday

Thursday

Friday



2 Spicy Beef 🍖
Walking Taco 🍌
Fiesta Corn
Black Beans
Salsa
Mixed Fruit
Grape Tomatoes
Chilled Red Pepper Strips

3 Chicken Parmesan Over Pasta 🍝
Cinnamon French Toast 🍞
Turkey Sausage Patty
Crispy Potato Puffs
Green Beans
Diced Peaches
Chilled Red Pepper

4 Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy
Dinner Rolls
Cheeseburger
Oven Baked Fries
Applesauce

5 Hand Crafted Buffalo Chicken Pizza 🍕
Pepperoni Pizza 🍕
Cheese Pizza 🍕
Side Salad
Chilled Red Pepper Strips
Diced Pear Cup

8 Fluffy Whole Grain Pancakes 🍳
Turkey Sausage Patty Syrup
Roasted Butternut Squash
Side Salad
Strawberry Cup
Chilled Red Pepper

9 Spicy Beef 🍖
Nachos Grande
Black Beans
Grape Tomatoes
Salsa
Mixed Fruit
Chilled Red Pepper Strips

10 General Tso's Chicken 🍗
Cinnamon French Toast 🍞
Turkey Sausage Patty
Green Beans
Crispy Potato Puffs
Diced Peaches
Chilled Red Pepper

11 Cheese Steak Sandwich 🍔
Cheeseburger
Oven Baked Fries
Steamed Carrots
Applesauce
Chilled Red Pepper Strips

12 Mozzarella Sticks 🍕
Pepperoni Pizza 🍕
Cheese Pizza 🍕
Side Salad
Chilled Red Pepper Strips
Fresh Banana



16 Spicy Beef 🍖
Walking Taco 🍌
Black Beans
Grape Tomatoes
Salsa
Mixed Fruit
Chilled Red Pepper Strips

17 Tot Spot's BBQ Pulled Pork Tater Tots 🍌
Cinnamon French Toast 🍞
Turkey Sausage Patty
Crispy Potato Puffs
Green Beans
Diced Peaches
Chilled Red Pepper

18 Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy
Dinner Rolls
Cheeseburger
Oven Baked Fries
Applesauce

19 Cheesy Stuffed Bread Sticks 🍞
Marinara Sauce Dip
Pepperoni Pizza 🍕
Cheese Pizza 🍕
Side Salad
Chilled Red Pepper Strips

22 Buffalo Chicken Mac & Cheese
pasta in cheese sauce, topped with buffalo style chicken
Dinner Rolls
Steamed Peas
Side Salad
Strawberry Cup

23 Spicy Beef 🍖
Nachos Grande
Black Beans
Grape Tomatoes
Salsa
Mixed Fruit
Chilled Red Pepper Strips

24 Roasted Turkey with Gravy
Whole Wheat Dinner Roll
Green Bean Casserole
Cinnamon French Toast 🍞
Turkey Sausage Patty

25 Buffalo Chicken Tenders
Buffalo chicken tenders with carrot and celery sticks
Whole Wheat Dinner Roll
Cheeseburger
Oven Baked Fries
Steamed Carrots

26 Meatball Dunkers with Cheese Club Roll
Pepperoni Pizza 🍕
Chilled Red Pepper Strips
Side Salad
Strawberry Cup

29 Mozzarella Sticks 🍕
Fluffy Whole Grain Pancakes 🍳
Turkey Sausage Patty Syrup
Strawberry Cup
Oven Baked Fries
Baked Beans
Diced Pear Cup

30 Spicy Beef 🍖
Walking Taco 🍌
Fiesta Corn
Black Beans
Salsa
Mixed Fruit
Grape Tomatoes
Chilled Red Pepper Strips

31 Chicken Parmesan Over Pasta 🍝
Cinnamon French Toast 🍞
Turkey Sausage Patty
Crispy Potato Puffs
Green Beans
Diced Peaches
Chilled Red Pepper

Variety of Fresh Fruits and Vegetables available daily.
Toss salad, Carrot & Celery sticks.
Apples, Oranges & Bananas

P = Pork



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Student price \$0.00

Adult price \$5.02+tax

Choice of

1% White Milk or

Fat Free Chocolate Milk

Daily Lunch Offerings:

Side Salad, Variety Of Pizza (Meat and Vegetable)

Grab and Go Sandwiches - Turkey / P Ham / Buffalo Chicken with or without Cheese on WG Breads, and PBj's

Entree Salads: Chicken Salads, Chef Salads Garden Salads with Cheese (all served with WG Roll) A Variety of Fresh Fruits &

Vegetables available Daily. Apples, Oranges and

Bananas. Yogurt Parfaits with Fruit and Granola.

