



James O'Neill
High School
January 2019

Lunch Menu

Available Daily

- Chicken Patty or Burger
- Deli Bar
- Assorted Pizzas
- Fresh and Cupped Fruit
- Side Salad

More info...

All meals come with a choice of Grain, Protein, Fruit, Vegetable & Low Fat White and Fat Free chocolate milk.

If you have a dietary restriction, please let us know!

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1

Lunch \$2.85
Reduced Meal \$.25

Did you know?
Lunch consist of a choice of Meat/Meat alternative, grain, fruit, vegetable and milk. Students must take 2 items plus a fruit or

2

3

**Chicken Penne Alfredo
Chicken & Waffles**

Green Beans,
Oranges
Choice of Milk

4

**Nachos w/Cheese and Salsa
BBQ Chicken**

WG Rice, Garbanzo Beans,
Mixed Fruit,
Choice of Milk

5

**Eggplant Parmesan With Penne
Assorted Pizza**

Spinach, Baby Carrots,
Fruit Cup,
Choice of Milk

6

**Mac & Cheese w/ Dinner Roll
Honey Mustard
Chicken Flatbread**

Broccoli
Spinach
Choice of Milk

7

**Meatball Gyro Grilled Cheese & Bacon
Tomato Soup**

Tomato Slices
Fresh Banana,
Choice of Milk

8

**Popcorn Chicken Raider Bowl
Meatloaf**

Mashed Potatoes w/Gravy,
Corn
Fruit Cup,
Choice of Milk

9

**Nachos w/Cheese Sauce and Salsa
Corn Dog**

WG Rice, Black Beans, Salsa,
Olives, Tomatoes, Sour Cream
Applesauce Cup,
Choice of Milk

10

**Assorted Pizza
Chicken Broccoli
Stromboli**

Green Beans,
Diced Pears
Choice of Milk

11

**Spaghetti Carbonara w/ Garlic Bread
Grilled Cheese & Bacon w/ Tomato Soup**

Tomato Slices
Cucumber Slices
Fruit Cup
Choice of Milk

12

**FUEL SPECIAL
Disco Fries
Nachos w/Salsa and Cheese**

Corn,
Pears,
Choice of Milk

13

**Brunch for Lunch
French Toast w/Sausage
Sloppy Joe**

Hash Browns, Apple
Choice of Milk

14

**Chicken Tenders With Cornbread
Cheeseburger Rolletto**

Mashed Potatoes w/Gravy,
Broccoli
Fruit Cup
Choice of Milk

15

**Meatball Parm Stromboli
Assorted Pizza**

WG Rice, Black Beans,
Applesauce,
Choice of Milk

16

No School

17

Regents Week

18

Regents Week

19

Regents Week

20

Regents Week

21

**FUEL SPECIAL
Sweet N' Spicy Chili
Doritos Mac & Cheese
Meatball Parm Sub**

Buttered Carrots,
Applesauce,
Choice of Milk

22

**BBQ Chicken Flatbread
Soft or Hard-shell Tacos**

Whole Grain Rice
Corn
Fresh Apple

23

**Chicken Parm With Spaghetti
Philly Cheesesteak**

Spinach
Peaches

24

**Chicken Nuggets w/whole grain dinner roll
BBQ Pulled Pork**

French Fries,
Cucumber Slices
BBQ Baked Beans
Pears

25

You can prepay for your students meals by sending a check made out to Highland Falls School District or going to PayPams.com

Any Questions?
Please call our Food Service



HFFMIS/JOHS Breakfast January 2019

Items Offered Daily

Breakfast – \$1.25/.25 reduced

WG Bagel with Cream Cheese or Butter, Assorted Muffins, Reduced Sugar Cereal w/cheese stick, Yogurt w/cheese Stick, Pop Tart with Cheese Stick

Cupped Fruit and Fruit Juice offered with every meal

FF Chocolate & 1% White Milk available daily

Breakfast includes an Entrée, Fruit, 100% Juice and a choice of Milk

Don't forget: If your student is eligible for free or reduced lunch, they will also receive free or reduced breakfast!!!

1
Sausage, Egg & Cheese on WG Bun
Juice, Fruit
Choice of Milk

2
Breakfast Pizza
Juice, Fruit
Choice of Milk

3
CinniMinnies
Juice, Fruit
Choice of Milk

4
Whole Grain French Toast Sticks w/Syrup
Juice, Fruit
Choice of Milk

7
Whole Grain Donut
Juice, Fruit
Choice of Milk

8
Whole Grain French Toast with Syrup
Juice, Fruit
Choice of Milk

9
Sausage, Egg & Cheese on WG Bun
Juice, Fruit
Choice of Milk

10
Apple Frudel
Juice, Fruit
Choice of Milk

11
Scrambled Egg & Hashbrowns
Juice, Fruit
Choice of Milk

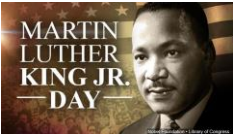
14
CinniMinnies
Juice, Fruit
Choice of Milk

15
WG Pancakes with Syrup
Juice, Fruit
Choice of Milk

16
Waffles with Syrup
Juice, Fruit
Choice of Milk

17
Bacon Egg & Cheese Sandwich
Juice, Fruit
Choice of Milk

18
French Toast Sticks
Juice, Fruit
Choice of Milk

21

NO SCHOOL

22
Bacon Egg and Cheese wrap
Juice, Fruit
Choice of Milk

23
Breakfast Burrito
Juice, Fruit
Choice of Milk

24
Whole Grain Donut
Juice, Fruit
Choice of Milk

25
Mini Pancakes
Juice, Fruit
Choice of Milk

28
Fruit Frudel
Juice, Fruit
Choice of Milk

29
Breakfast Pizza
Juice, Fruit
Choice of Milk

30
Waffles with Syrup
Juice, Fruit
Choice of Milk

31
Scrambled Egg & Hashbrowns
Juice, Fruit
Choice of Milk

**Any Questions? Contact our Food Service Director
Kathy Coakley At 446-4914 ext 2890**

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