

January 2022 - Tech Valley High School

Click button below for breakfast menu, alternate lunch options, & other updates:

TVHS Breakfast Options & Alternate Lunch Offerings

**Update! The
USDA extended
FREE meals to
all students until
June 2022!**

**It remains important that families who believe they may qualify for the Free and Reduced-Price Meals program submit an application. We want to be sure that all eligible families are enrolled in this program.

To apply, please fill out the free and reduced application or apply online here:

LunchApplication.com **

Monday	Tuesday	Wednesday	Thursday	Friday
3 French Toast Sticks Home Fries Chobani Yogurt Fruit of the Day NYS Milk	4 Chicken & Cheese Quesadilla Salsa Black Beans & Corn Fruit of the Day NYS Milk	5 Chicken Tenders Garlic Breadstick Sweet Potato Fries Fruit of the Day NYS Milk	6 Hamburger Broccoli Fruit of the Day NYS Milk	7 Cheese Pizza Cucumbers & Dip Fruit of the Day NYS Milk
10 Maple Waffles Home Fries Chobani Yogurt Fruit of the Day NYS Milk	11 Soft Shell Tacos Lettuce Salsa Black Beans Fruit of the Day NYS Milk	12 Chicken Nuggets Garlic Breadstick Cucumbers & Dip Fruit of the Day NYS Milk	13 Hot Dog on Bun Sweet Potato Tater Tot Fruit of the Day NYS Milk	14 Cheese Pizza Tossed Salad Fruit of the Day NYS Milk
17 No School Martin Luther King Day	18 Loaded Nachos Salsa Black Beans Fruit of the Day NYS Milk	19 Popcorn Chicken Garlic Breadstick Sweet Potato Fries Fruit of the Day NYS Milk	20 Cheesy Macaroni & Cheese Broccoli Fruit of the Day NYS Milk	21 Cheese Pizza Cucumber Slices Fruit of the Day NYS Milk
24 Chicken & Waffles Home Fries Fruit of the Day NYS Milk	25 Chicken & Cheese Quesadilla Salsa Black Beans Fruit of the Day NYS Milk	26 Chicken Tenders Garlic Breadstick Carrot Sticks Fruit of the Day NYS Milk	27 Oven Roasted Chicken Stuffing Green Beans Fruit of the Day NYS Milk	28 Cheese Pizza Tossed Salad Fruit of the Day NYS Milk
31 French Toast Sticks Home Fries Turkey Sausage Fruit of the Day NYS Milk	<p>This Institution is an Equal Opportunity Provider. Menus subject to change. Notice posted when available.</p>			