



JANUARY 2026

PHS

Every day we offer a delicious and varied salad bar full of fruits and vegetables!

Monday

Tuesday

Wednesday

Thursday

Friday

5
Grilled Cheese Sandwich
Homemade Soup
Fruits and Vegetables
Milk

6
Sloppy Joes
Roasted Sweet Potatoes
Fruits and Vegetables
Milk

7
Chicken Quesadilla
Brown Rice
Beans / Corn
Fruits and Vegetables
Milk

8
Chicken and Biscuits
Mashed Potatoes / Gravy
Fruits and Vegetables
Milk

9
Cheese / Pepperoni Pizza
Buffalo Chicken
Homemade Dessert
Fruits and Vegetables
Milk

12
Spaghetti
Mega Meatball
Homemade Garlic Bread
Fruits and Vegetables
Milk

13
Chicken Cantina Bowl
Brown Rice / Guacamole
Beans / Corn
Fruits and Vegetables
Milk

14
Hamburger / Cheeseburger
Pasta Salad
Fruits and Vegetables
Milk

15
Early Release
Bagged Lunch

16
Cheese / Pepperoni Pizza
Buffalo Chicken
Homemade Dessert
Fruits and Vegetables
Milk

19
NO SCHOOL

20
Chicken Parmesan Pasta
Green Beans
Fruits and Vegetables
Milk

21
Beef Tacos
Brown Rice
Beans / Corn
Fruits and Vegetables
Milk

22
BBQ Chicken Sandwich
Baked Beans / Coleslaw
Fruits and Vegetables
Milk

23
Cheese / Pepperoni Pizza
Buffalo Chicken
Homemade Dessert
Fruits and Vegetables
Milk

26
Baked Chicken
Garlic Parmesan Noodles
Broccoli
Fruits and Vegetables
Milk

27
Chili
Brown Rice
Cornbread
Fruits and Vegetables
Milk

28
Brunch for Lunch!
Pancakes / Local Maple Syrup
Sausage / Scrambled Eggs
Yogurt / Granola / Berries
Fruits and Vegetables
Milk

29
Salisbury Steak
Mashed Potatoes
Green Beans
Homemade Biscuit
Fruits and Vegetables
Milk

30
Cheese / Pepperoni Pizza
Buffalo Chicken
Homemade Dessert
Fruits and Vegetables
Milk

Plattsburgh City School District encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least 3 food components, with one of the food components being at least ½ cup of fruit or vegetable to constitute a reimbursable meal.

Alternate lunch choices are PB&J/SB&J or Egg Salad Sandwich. All students eat free meals! If you have a food allergy, please notify us.