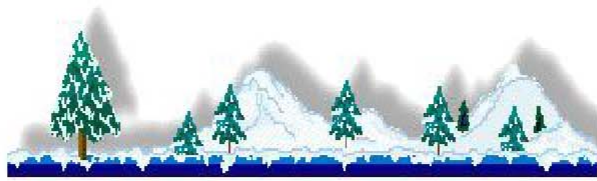


Jan 2018



Elmira City School District BOOTH ALTERNATE EDUCATION

Monday

Tuesday

Wednesday

Thursday

Friday

<p>WINTER BREAK NO SCHOOL</p>	<p>2 Cheese Stick & Yogurt w/Granola Bar Goldfish Graham Cracker 1 Cup Fresh Baby Carrots w/Ranch 1 Box of Raisins 4 oz Fruit Juice Low Fat Milk</p>	<p>3 Egg Salad Sandwich 1 Cup Cucumber Slices w/Ranch 1/2 Cup Strawberries 4 oz Fruit Juice Low Fat Milk</p>	<p>4 Turkey, Ham & Cheese Sub 1 Cup Fresh Broccoli w/Ranch Chilled Peach Cup 4 oz Fruit Juice Low Fat Milk</p>	<p>5 Ham Sandwich 1/2 Cup Sweet Peas 1/2 Cup Fresh Baby Carrots w/Ranch Fresh Apple 4 oz Fruit Juice Low Fat Milk</p>
<p>8 Cheese Stick & Yogurt w/Chips Goldfish Graham Cracker 1 Cup Fresh Baby Carrots w/Ranch 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>9 Chicken Caesar Salad w/Bagel 1/2 Cup Fresh Pepper Strips w/Ranch Fresh Pear 4 oz Fruit Juice Low Fat Milk</p>	<p>10 Tuna Salad Sandwich 1 Cup Cucumber Slices w/Ranch 1/2 Cup Strawberries 4 oz Fruit Juice Low Fat Milk</p>	<p>11 Turkey Club Sub 1 Cup Fresh Broccoli w/Ranch Homemade Fruit Crisp 4 oz Fruit Juice Low Fat Milk</p>	<p>12 Chicken Ranch Wrap 1/2 Cup Sweet Peas 1/2 Cup Fresh Baby Carrots w/Ranch Fresh Apple 4 oz Fruit Juice Low Fat Milk</p>
<p>Martin Luther King Day </p>	<p>16 Cheese Stick & Yogurt w/ Muffin Top Goldfish Graham Cracker 1 Cup Fresh Baby Carrots w/Ranch 1 Box of Raisins 4 oz Fruit Juice Low Fat Milk</p>	<p>17 Ham Sandwich 1 Cup Cucumber Slices w/Ranch 1/2 Cup Strawberries 4 oz Fruit Juice Low Fat Milk</p>	<p>18 Turkey Deli Wrap 1 Cup Fresh Broccoli w/Ranch Cinnamon Applesauce Jello 4 oz Fruit Juice Low Fat Milk</p>	<p>19 Ham & Cheese Sub 1/2 Cup Sweet Peas 1/2 Cup Fresh Baby Carrots w/Ranch Fresh Apple 4 oz Fruit Juice Low Fat Milk</p>
<p>22 Cheese Stick & Yogurt w/Chips Goldfish Graham Cracker 1 Cup Fresh Baby Carrots w/Ranch 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>23 Turkey & Cheese Sub 1 Cup Fresh Pepper Strips w/Ranch Fresh Pear 4 oz Fruit Juice Low Fat Milk</p>	<p>24 Chicken Caesar Salad w/Bagel 1/2 Cup Garbanzo Beans 1/2 Cup Strawberries 4 oz Fruit Juice Low Fat Milk</p>	<p>25 Ham & Cheese Sub 1 Cup Cucumber Slices w/Ranch Homemade Fruit Crisp 4 oz Fruit Juice Low Fat Milk</p>	<p>26 Chicken Ranch Wrap 1/2 Cup Sweet Peas 1/2 Cup Fresh Baby Carrots w/Ranch Fresh Apple 4 oz Fruit Juice Low Fat Milk</p>
<p>29 Cheese Stick & Yogurt w/Granola Bar Goldfish Graham Cracker 1 Cup Fresh Baby Carrots w/Ranch 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>30 Chicken BLT Salad w/Bagel 1/2 Cup Cucumber Slices w/Ranch 1 Box of Raisins 4 oz Fruit Juice Low Fat Milk</p>	<p>31 Egg Salad Sandwich 1 Cup Fresh Broccoli w/Ranch 1/2 Cup Strawberries 4 oz Fruit Juice Low Fat Milk</p>	<p>Contact the FS Office if you have any questions, comments or concerns. We can be reached by phone or email. kcrouse@gstboces.org</p>	<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>

January 2018

HAPPY NEW YEAR

"It's more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like, 'What about lunch?'"

- Winnie the Pooh



Visit the Food Service page on your school's website to see the current lunch and breakfast menus.

School Lunch Value

- Two (or more) vegetables offered daily
- Variety of fruit to pick from daily
- Local NY apples
- Real food made at your school
- Lean protein & dairy
- Whole grains
- Diverse variety of choices

Try our school meals today!

