

♥ FEBRUARY ♥ 2018





ELMIRA CITY SCHOOL DISTRICT PK-7th

AVAILABLE DAILY
 Baked Chicken Nuggets w/Bread
 PBJ Sandwich
Chef Salad w/Bagel
Vegetarian Chef Salad w/Bagel
 Yogurt w/ Bagel
Tossed Salad
Asst. Fresh Vegetables
Fresh Baby Carrots
Fresh Fruit
 Fruit Cups
 100% Fruit Juice
 Chilled Low Fat Milk

PRICING
 Breakfast and Lunch \$0.00
 PK-12th: 2nd B-fast Entree \$1.35
 PK-7th: 2nd Lunch Entree \$1.30
 8th-12th: 2nd Lunch Entree \$1.70
 Milk/Ala Carte Side \$0.75
 Snacks \$.50-\$1.30
Every student gets 1 breakfast & 1 lunch at no charge per school day. Each breakfast & lunch must be a COMPLETE MEAL, or student will be charged ala carte for each item on their tray.

PK-6th Breakfast
 Mon-Fri: Breakfast Breaks w/Fruit & Milk
7th Grade Breakfast
Mon: Mini Pancakes
Tues: Breakfast Pizza
Wed: French Toast Sticks
Thurs: Breakfast on a Stick
Fri: Mini Waffles
Additional Choices: Cinnamon Roll, Bagel, Cereal, Muffin Top, Breakfast Bar, Yogurt, Goldfish Graham, Fruit Juice & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Contact the FS Office if you have any questions, comments or concerns. We can be reached by phone or email. kcrouse@gstboces.org 735-3236</p>			<p>¹ Pepperoni Pizza Cheese Pizza Hot Dog on a Roll Carrot Coins</p>	<p>² Homemade Macaroni & Cheese w/Bread Italian Meatball Sub Green Beans</p>
<p>⁵ Stuffed Crust Pizza Turkey Club Sub Oven Fries</p>	<p>⁶ Cheeseburger on a Roll Chicken Caesar Salad w/Bagel Baked Beans Fresh Pepper Strips</p>	<p>⁷ Baked Crispy Chicken Sandwich Tuna Salad Sandwich Steamed Broccoli Florets Homemade Fruit Crisp</p>	<p>⁸ Pizza Dunkers w/Marinara Sauce Southwest Taco Salad Sweet Potato Fries</p>	<p>⁹ Baked Mozzarella Sticks w/Marinara Sauce Chicken Ranch Wrap Green Beans</p>
<p>¹² Mini Pancakes w/Sausage Beef & Cheddar on a Roll Golden Sweet Corn</p>	<p>¹³ Meat or Bean Walking Taco w/Mexican Rice Chicken BLT Salad w/Bagel Refried Beans Fresh Cucumber Slices</p>	<p>¹⁴ Chicken & Orange Sauce w/Rice Breakfast Sandwich Steamed Broccoli Florets Cinnamon Applesauce Jello</p>	<p>¹⁵ Cheese Pizza Chicken Bacon Ranch Pizza Turkey Deli Wrap Carrot Coins</p>	<p>¹⁶ Sloppy Joe on a Roll BBQ Pork Rib on a Roll Green Beans</p>
<p>¹⁹</p> 	<div style="border: 2px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <h2>MID-WINTER RECESS</h2> <h2>FEBRUARY 19th-23rd</h2> </div>			<p>²³</p>
<p>²⁶ Popcorn Chicken Bites w/Dinner Roll Tuna Salad Sandwich Oven Fries</p>	<p>²⁷ Chicken Soft Taco w/Seasoned Rice Chicken Caesar Salad w/Bagel Refried Beans Fresh Pepper Strips</p>	<p>²⁸ Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Ham & Cheese Sub Steamed Broccoli Florets Homemade Fruit Crisp</p>	<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>	



The Healthy Kids Lunchroom

FEBRUARY 2018



LEARN EASIER



Researchers studied 1200 elementary school kids who were given lunches with more whole grains, fruits, and vegetables and found "significant increases in math scores." Eating healthier helps make learning easier for kids!



Did you know school meals include whole grains?

LIVE HEALTHIER

You don't have to eat a TON of fruits and vegetables to get to the recommended 2 cups of fruit and 2.5 cups of vegetables per day. One small apple equals about a cup. Same for a large banana, 8 large strawberries, 12 baby carrots, a large ear of corn, 24 large grapes, 10 broccoli florets, or a medium potato. In the course of a day, we should be able to eat WAY MORE than the recommendation, and that would be WAY HEALTHIER!



Did you know school breakfast and lunch includes up to five daily 1/2 cup servings of fruit and vegetables?

Just one of the reasons we continue to be a great value!

