

April 2018



COHEN ELEMENTARY & MIDDLE SCHOOL



Monday

Tuesday

Wednesday

Thursday

Friday

Available Daily

- PBJ Sandwich
- Chef Salad w/Soft Pretzel
- Vegetarian Chef Salad w/Soft Pretzel
- Yogurt w/Soft Pretzel
- Assorted Sandwich
- Fresh Tossed Salad**
- Fresh Fruit**
- Fruit Cups
- 100% Fruit Juice
- Chilled Milk

PRICING

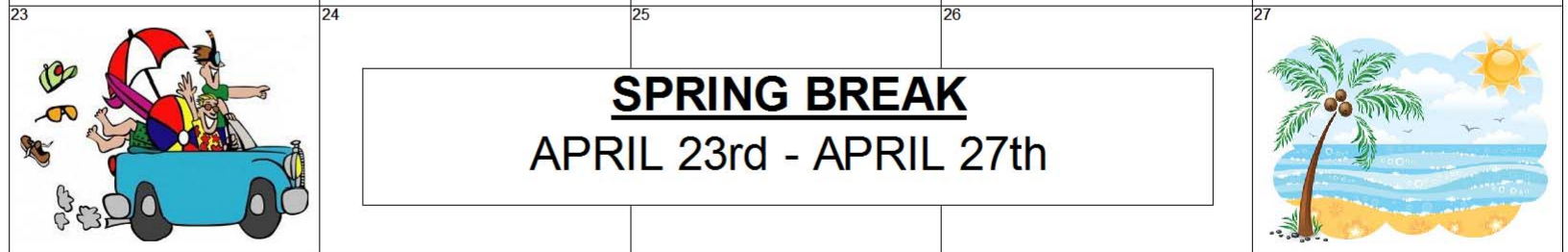
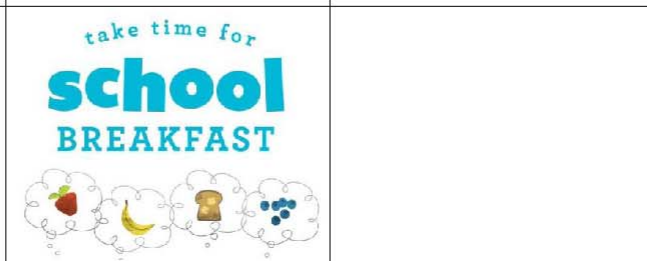
Grades PK-8	\$1.50
Grades 9-12	\$1.70
Reduced	\$0.25
Breakfast	\$1.35
Milk/Ala Carte	\$0.75
Snacks	\$0.50-\$1.30

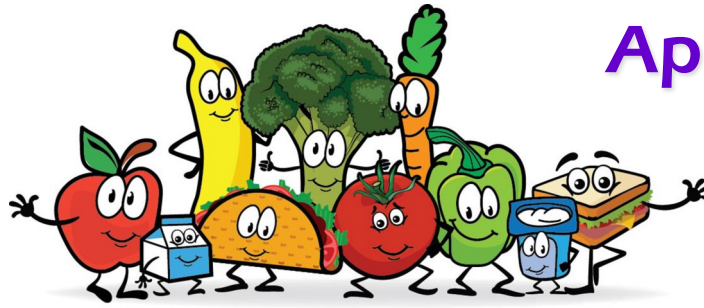
BREAKFAST MENU

- MONDAY:** Breakfast on a Stick
- TUESDAY:** French Toast Sticks
- WEDNESDAY:** Breakfast Pizza
- THURSDAY:** Breakfast Sandwich
- FRIDAY:** Mini Pancakes or Waffles
- DAILY OPTIONS:** Cinnamon Roll (M,W,F), UBR (T/TH), Bagel, Goldfish Graham, Cereal, Muffin Top, Oatmeal Bar, Yogurt, Fruit, 100% Fruit Juice & Milk

PARENTS & STUDENTS

Visit the Foodservice/Cafeteria link on your district website to view menus & much more!!

<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p>TEX-MEX DAY! Meat Nacho Grande w/Rice Golden Sweet Corn Refried Beans</p>	<p>4</p> <p>Baked Mozzarella Sticks w/Marinara Sauce Green Beans Fresh Pepper Strips</p>	<p>5</p> <p>Cheeseburger on a Roll Hot Dog on a Roll Steamed Broccoli Florets Baked Beans Fresh Apple</p>	<p>6</p> <p>BREAKFAST 4 LUNCH! French Toast Sticks w/Sausage Carrot Coins Green Beans</p>
<p>9</p> <p>Stuffed Crust Pizza Carrot Coins Apple Slices</p>	<p>10</p> <p>TEX-MEX DAY! Meat Taco w/Rice Golden Sweet Corn Refried Beans</p>	<p>11</p> <p>Baked Chicken Nuggets w/Goldfish Green Beans Fresh Cucumber Slices</p>	<p>12</p> <p>BBQ Pork Rib on a Roll Steamed Broccoli Florets Fresh Orange</p>	<p>13</p> <p>PIZZA CHOICE DAY! Pizza Dunkers w/Marinara Sauce Pepperoni Pizza Carrot Coins</p>
<p>16</p> <p>Baked Crispy Chicken Sandwich Carrot Coins Apple Slices</p>	<p>17</p> <p>TEX-MEX DAY! Meat Walking Taco w/Rice Golden Sweet Corn Refried Beans</p>	<p>18</p> <p>Baked Mozzarella Sticks w/Marinara Sauce Green Beans Fresh Baby Carrots</p>	<p>19</p> <p>Cheeseburger on a Roll Hot Dog on a Roll Steamed Broccoli Florets Baked Beans Fresh Apple</p>	<p>20</p> <p>BREAKFAST 4 LUNCH! Mini Pancakes w/Sausage Carrot Coins Green Beans</p>
<p>23</p>  <p>SPRING BREAK APRIL 23rd - APRIL 27th</p>				
<p>30</p> <p>Popcorn Chicken Bites w/Goldfish Carrot Coins Apple Slices</p>	<p>take time for</p> <p>school BREAKFAST</p> 		<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p> <p>Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 733-5854 or Email: sblunt@gstbooces.org or mdougherty@gstbooces.org</p>	



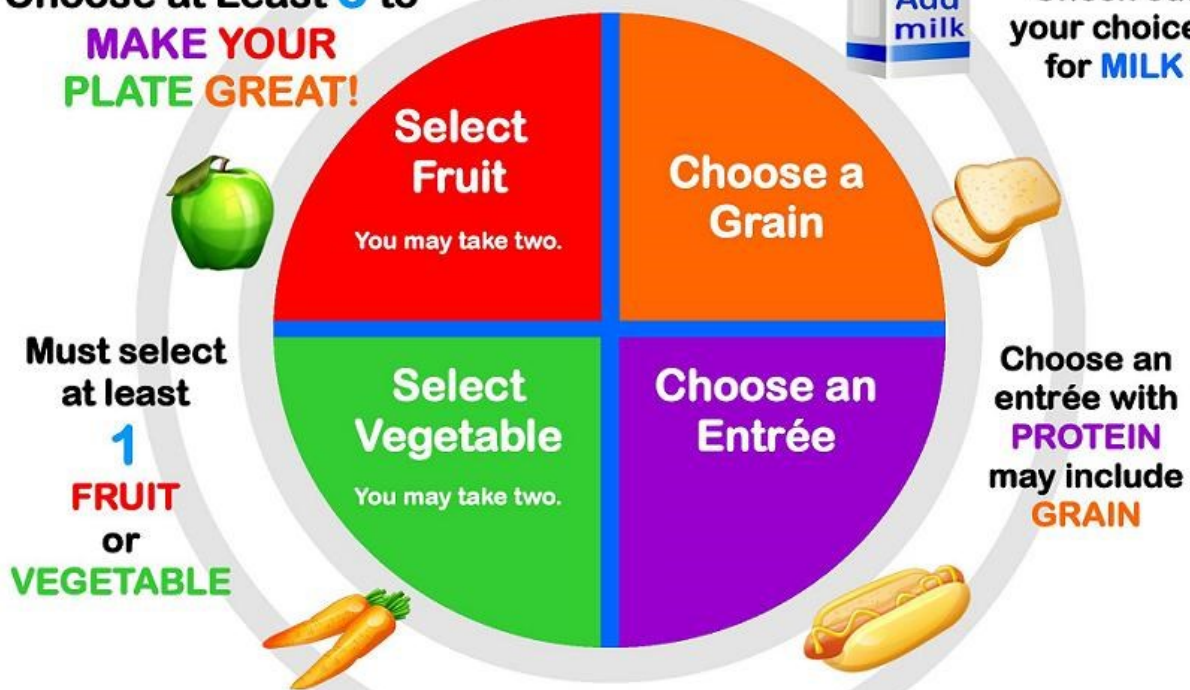
What is a healthy meal? Use this chart as your guide. All 5 components are offered every day in your school's lunch!

5 Food Components Fill Your Plate...

Choose at Least **3** to
MAKE YOUR
PLATE GREAT!



Check out
your choices
for **MILK**



MAKE YOUR PLATE GREAT!

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Multicultural Affairs, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9892 (TDD). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 854-1336 (TDD/voice). USDA is an equal opportunity provider and employer.

REMEMBER:

Free and Reduced applications are accepted all year long. Just visit your district website foodservice page to print one or contact your food service manager. If you have an existing application on file and there has been a change in income for your family, you may submit an updated application at any time.