

# ♥ FEBRUARY ♥ 2018



## COHEN ELEMENTARY & MIDDLE SPECIAL CONSTRUCTION MENU

### 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

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

### 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

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](mailto:sblunt@gstbooces.org) or [mdougherty@gstboeces.org](mailto:mdougherty@gstbooces.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Need to S-T-R-E-T-C-H your food dollars?</b> See if you qualify for free/reduced price breakfast &amp; lunch? Household of 2 weekly gross income under \$570 Household of 3 weekly gross income under \$718 Household of 4 weekly gross income under \$865 <u>Call your FS Office to apply</u></p>		<p>Free &amp; Reduced Applications are available on the district website or in the district offices.</p>	<p><sup>1</sup> Cheeseburger on a Roll Hot Dog on a Roll Steamed Broccoli Florets <b>Fresh Apple</b></p>	<p><sup>2</sup> <b>BREAKFAST 4 LUNCH!</b> French Toast Sticks w/Sausage Green Beans</p>
<p><sup>5</sup> Italian Meatball Sub Carrot Coins <b>Fresh Apple Slices</b></p>	<p><sup>6</sup> <b>TEX-MEX DAY!</b> Meat Walking Taco w/Rice Golden Sweet Corn Refried Beans</p>	<p><sup>7</sup> Baked Chicken Nuggets w/Goldfish Green Beans Baked Beans <b>Fresh Cucumber Slices</b></p>	<p><sup>8</sup> BBQ Pork Rib on a Roll Steamed Broccoli Florets <b>Fresh Orange</b></p>	<p><sup>9</sup> <b>PIZZA DAY!</b> Cheese Pizza Pepperoni Pizza Green Beans</p>
<p><sup>12</sup> Baked Crispy Chicken Sandwich Carrot Coins <b>Fresh Apple Slices</b></p>	<p><sup>13</sup> <b>TEX-MEX DAY!</b> Meat or Bean Nacho Grande w/Rice Golden Sweet Corn Refried Beans</p>	<p><sup>14</sup> Baked Mozzarella Sticks w/Marinara Sauce Green Beans <b>Fresh Baby Carrots</b></p> <p style="text-align: center;"><b>HAPPY VALENTINE'S DAY</b></p>	<p><sup>15</sup> Cheeseburger on a Roll Hot Dog on a Roll Steamed Broccoli Florets Baked Beans <b>Fresh Apple</b></p>	<p><sup>16</sup> <b>BREAKFAST 4 LUNCH!</b> French Toast Sticks w/Sausage Green Beans</p>
<p><sup>19</sup>  <b>Presidents' Day</b></p>	<p><sup>20</sup> <b>NO SCHOOL</b></p>	<p><sup>21</sup> Chicken Nuggets w/Goldfish Green Beans <b>Cucumber Slices</b></p>	<p><sup>22</sup> BBQ Roasted Chicken w/Breadstick Steamed Broccoli Florets Baked Beans <b>Fresh Orange</b></p>	<p><sup>23</sup> <b>PIZZA DAY!</b> Cheese Pizza Pepperoni Pizza Green Beans</p>
<p><sup>26</sup> Popcorn Chicken Bites w/Goldfish Carrot Coins <b>Fresh Apple Slices</b></p>	<p><sup>27</sup> <b>TEX-MEX DAY!</b> Meat or BeanTaco w/Rice Golden Sweet Corn Refried Beans</p>	<p><sup>28</sup> Authentic North Carolina Pulled Pork Sandwich Green Beans Baked Beans <b>Fresh Celery Sticks</b></p>	<p><b>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER &amp; PROVIDER</b></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!**

