

♥ FEBRUARY ♥ 2019



COHEN PRE-K

Monday

Tuesday

Wednesday

Thursday

Friday

Need to S-T-R-E-T-C-H your food dollars?
 See if you qualify for free/reduced price breakfast & lunch?
 Household of 2 weekly gross income under \$586
 Household of 3 weekly gross income under \$740
 Household of 4 weekly gross income under \$893
Call your FS Office to apply

Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 733-5854 or Email: mdougherty@gstbooces.org

ALL VEGGIES & FRUITS = 1/4 CUP SERVING
 1% White Milk Offered Daily
LUNCH PRICE = \$1.50
REDUCED PRICE = \$.25

¹ Pizza Dunkers w/Marinara Sauce
 Sliced Carrots
 Fruit Choice
 1% White Milk

⁴ **BREAKFAST 4 LUNCH!**
 French Toast Sticks w/Sausage
 Tater Tots
 Fruit Choice
 1% White Milk

⁵ **TEX-MEX DAY!**
 Meat or Bean Taco w/Rice
 Golden Sweet Corn
 Fruit Choice
 1% White Milk

⁶ Homemade Macaroni & Cheese w/Bread
 Green Beans
Fruity Jello w/Whipped Topping
 1% White Milk

⁷ **ASIAN RICE BOWL!**
 Chicken Teriyaki w/Rice
 Steamed Broccoli
 Fruit Choice
 1% White Milk

⁸ Cheese Pizza
 Pepperoni Pizza
 Sliced Carrots
 Fruit Choice
 1% White Milk

¹¹ Baked Chicken Nuggets w/Bread
 Sliced Carrots
 Fruit Choice
 1% White Milk

¹² **TEX-MEX DAY!**
 Chicken Soft Taco w/Rice
 Golden Sweet Corn
 Fruit Choice
 1% White Milk

¹³ Breakfast Sandwich
Fresh Cucumber Slices
Homemade Fruit Crisp
 1% White Milk

¹⁴ Toasted Cheese Sandwich
 Hot Tomato Soup
 Fruit Choice
 1% White Milk

¹⁵ Pizza Dunkers w/Marinara Sauce
 Sliced Carrots
 Fruit Choice
 1% White Milk



NO SCHOOL

²⁰ Chicken Philly Sub
 Sliced Carrots
 Fruit Choice
 1% White Milk

²¹ Cheeseburger on a Roll
 Green Beans
 Fruit Choice
 1% White Milk

²² Stuffed Crust Pizza
Fresh Baby Carrots
 Fruit Choice
 1% White Milk

²⁵ **BREAKFAST 4 LUNCH!**
 Mini Pancakes w/Sausage
 Tater Tots
 Fruit Choice
 1% White Milk

²⁶ **TEX-MEX DAY!**
 Meat Walking Taco w/Rice
 Golden Sweet Corn
 Fruit Choice
 1% White Milk

²⁷ Baked Mozzarella Sticks w/Pasta & Sauce
 Green Beans
Cinnamon Applesauce Jello
 1% White Milk

²⁸ Hot Dog on a Roll
 Steamed Broccoli
 Fruit Choice
 1% White Milk

THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER



The Healthy Kids Lunchroom

FEBRUARY 2019



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!

