

OCTOBER 2017 COHEN PRE-K

Available Daily

PBJ Sandwich
 Chef Salad w/Bagel
 Vegetarian Chef Salad w/Bagel
 Yogurt & Cheesestick w/Bagel
 Chilled Milk

ALL VEGGIES & FRUITS = 1/4 CUP SERVING

Except:

Tossed Salad = 1/2 Cup Serving
 Apples & Oranges = 1 Each

1% White Milk & Fat Free
 Chocolate Milk Offered Daily

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

THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER

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@gstboeces.org](mailto:mdougherty@gstbooces.org)

Monday	Tuesday	Wednesday	Thursday	Friday
² Baked Crispy Chicken Sandwich Carrot Coins Fruit Cup	³ Meat Nacho Grande w/Rice Golden Sweet Corn Fresh Orange	⁴ Baked Mozzarella Sticks w/Marinara Sauce Green Beans Fruit Cup	⁵ Cheeseburger on a Roll Hot Dog on a Roll Steamed Broccoli Florets Fresh Apple	⁶ French Toast Sticks w/Sausage Fresh Tossed Salad Fruit Cup
	⁹ Meat Walking Taco w/Rice Golden Sweet Corn Fresh Orange	¹⁰ Baked Chicken Nuggets w/Goldfish Green Beans Fruit Cup	¹¹ BBQ Pork Rib on a Roll Steamed Broccoli Florets Fresh Apple	¹² Cheese Pizza Pepperoni Pizza Fresh Tossed Salad Fruit Cup
	National School Lunch Week is October 9th-13th! Come check out what your cafeteria has to offer!			
¹⁶ Baked Crispy Chicken Sandwich Carrot Coins Fruit Cup	¹⁷ Meat Taco w/Rice Golden Sweet Corn Fresh Orange	¹⁸ Baked Mozzarella Sticks w/Marinara Sauce Green Beans Fruit Cup	¹⁹ Cheeseburger on a Roll Hot Dog on a Roll Steamed Broccoli Florets Fresh Apple	CONFERENCE DAY NO SCHOOL
²³ Popcorn Chicken Bites w/Goldfish Carrot Coins Fruit Cup	²⁴ Meat Walking Taco w/Rice Golden Sweet Corn Fresh Orange	²⁵ EARLY DISMISSAL GRAB-N-GO LUNCH PBJ Sandwich w/Fresh Veggie, Fruit & Milk or Yogurt & Cheese Stick w/Muffin, Goldfish Graham, Fresh Veggie, Fruit & Mik	²⁶ Italian Meatball Sub Steamed Broccoli Florets Fresh Apple	²⁷ Cheese Pizza Pepperoni Pizza Fresh Tossed Salad Fruit Cup
³⁰ Baked Crispy Chicken Sandwich Carrot Coins Fruit Cup	³¹ Meat Nacho Grande w/Rice Golden Sweet Corn Fresh Orange	Free & Reduced Applications are available on the district website or in the district offices.	FREE & REDUCED APPLICATION REMINDER: Submit your new application for the 2017-2018 school year to guarantee your child will continue to receive appropriate benefits. Those students with no application on file will be CHANGED TO PAID STATUS IN OCTOBER.	

VEGETARIAN LUNCH MENU OPTIONS

FUELING YOUNG MINDS TO DO THEIR VERY BEST



VEGETARIAN LUNCH ENTRÉE SELECTIONS

- **AVAILABLE DAILY ENTRÉE SELECTIONS**
 - PBJ Sandwich
 - Vegetarian Chef Salad w/Bread Choice
 - Yogurt w/Bread Choice
 - Fruit & Yogurt Parfait w/Bread Choice
 - Cottage Cheese w/Fruit & Bread Choice
- **FEATURED ENTRÉE SELECTIONS**
 - Pizza Dunkers w/Marinara Sauce
 - Cheese Pizza, Garlic Pizza, Garlic & Broccoli Pizza, Veggie Lover's Pizza
 - Egg Salad Sandwich
 - Homemade Macaroni & Cheese w/Bread
 - Toasted Cheese Sandwich
 - Bean Nacho Grande
 - Bean Tacos w/Rice
 - Baked Mozzarella Sticks w/Marinara Sauce
 - Cheese or Plain Veggie Burger on a Bun
 - French Toast Sticks
 - Pancakes & Waffles
 - Pasta w/Marinara Sauce
 - Hummus w/Veggies, Chips & Bread
 - Hummus & Fresh Veggie Wrap
 - Veggie Lover's Subs & Wraps
 - Breakfast Sandwich (Request egg & cheese only)

CHOOSE YOUR OWN VEGETARIAN COMBINATIONS

Vegetable Selections

- Cauliflower
- Broccoli
- Fresh Baby Carrots
- Fresh Pepper Strips
- Fresh Celery Sticks
- Fresh Cucumber Slices
- Fresh Tossed Salad
- Green Beans
- Carrot Coins
- Corn
- Tomato Soup
- Sweet Potatoes (Mashed, Fries, Wedges)
- Steamed Broccoli
- Oven Fries
- Mashed Potatoes
- Tater Tots
- Potato Wedges
- Refried Beans
- Sweet Peas
- California Blend Vegetables
- Steamed Vegetable Medley
- Marinara Sauce
- Baked Beans
- Fresh Tomatoes

Fruit Selections

- Fresh Watermelon
- Fresh Pineapple
- Fresh Grapes
- Fresh Kiwi
- Fresh Bananas
- Fresh Apples
- Fresh Cantaloupe
- Fresh Oranges
- Fresh Grapefruit
- Peaches
- Pears
- Applesauce
- Mandarin Oranges
- Strawberries
- Blueberries
- Mixed Fruit
- Raisins
- 100% Fruit Juice
- Other Seasonal Fruit Selections