

April 2018 COHEN PRE-K

Available Daily
 PBJ Sandwich
 Chef Salad w/Soft Pretzel
 Vegetarian Chef Salad w/Soft Pretzel
 Yogurt w/Soft Pretzel
 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

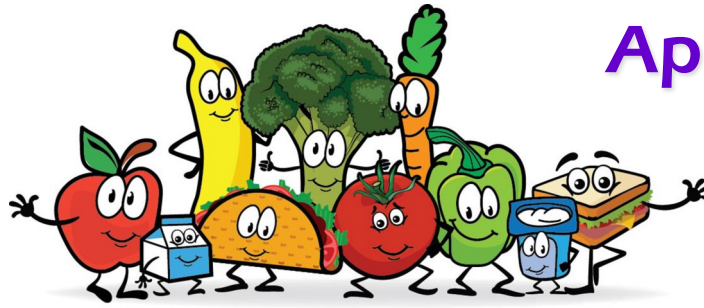
Grades PK-8	\$1.50
Grades 9-12	\$1.70
Reduced	\$0.25
Breakfast	\$1.35
Milk/Ala Carte	\$0.75
Snacks	\$0.50-\$1.30

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 TEX-MEX DAY! 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 Baked Beans Steamed Broccoli Florets Fresh Apple	6 BREAKFAST 4 LUNCH! French Toast Sticks w/Sausage Tossed Salad Fruit Cup
9 Stuffed Crust Pizza Carrot Coins Fruit Cup	10 TEX-MEX DAY! Meat Taco w/Rice Golden Sweet Corn Fresh Orange	11 Baked Chicken Nuggets w/Goldfish Green Beans Fruit Cup	12 BBQ Pork Rib on a Roll Steamed Broccoli Florets Fresh Apple	13 PIZZA CHOICE DAY! Pizza Dunkers w/Marinara Sauce Tossed Salad Fruit Cup
16 Baked Crispy Chicken Sandwich Carrot Coins Fruit Cup	17 TEX-MEX DAY! Meat Walking 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 Baked Beans Steamed Broccoli Florets Fresh Apple	20 BREAKFAST 4 LUNCH! Mini Pancakes w/Sausage Tossed Salad Fruit Cup
23 	24 25 26 SPRING BREAK APRIL 23rd - APRIL 27th			27 
30 Popcorn Chicken Bites w/Goldfish Carrot Coins Fruit Cup			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@gstbooces.org



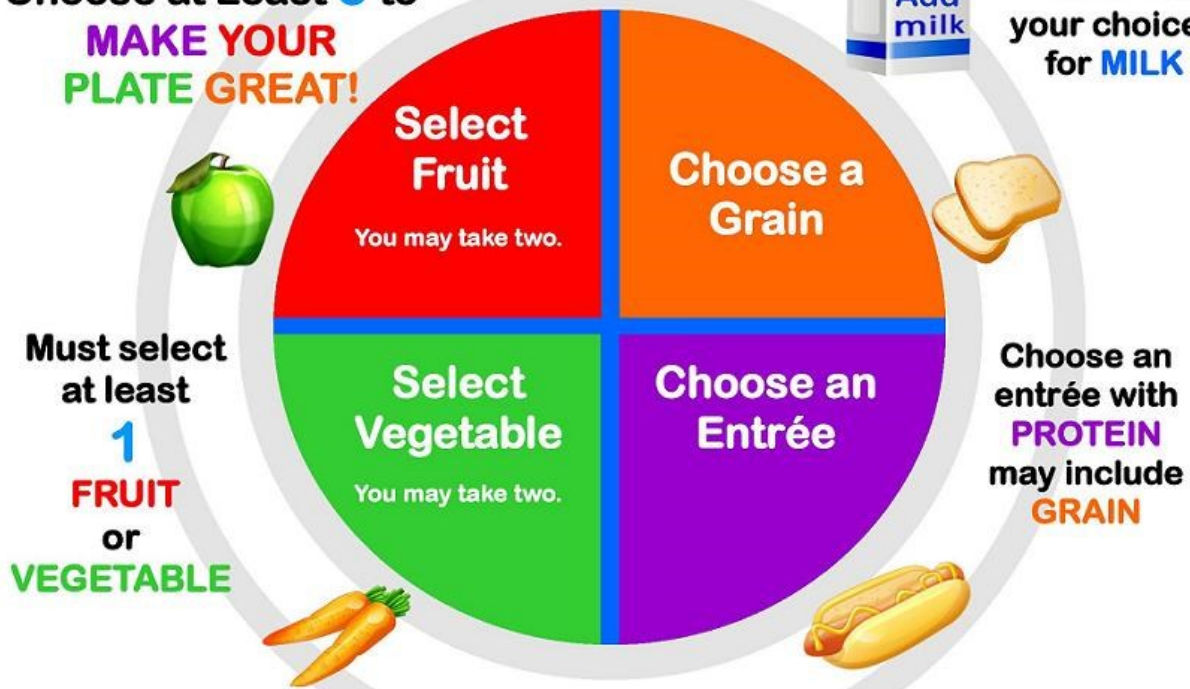
What is a healthy meal? Use this chart as your guide. All 5 components are offered every day in your school's lunch!

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!

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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.