

♥ FEBRUARY ♥ 2018




TAE HIGH SCHOOL

Available Daily
 PBJ Sandwich
 Chef Salad w/Bread Choice
 Vegetarian Chef Salad w/Bread Choice
 Yogurt w/Bread Choice
 Fruit & Yogurt Parfait w/Bread Choice
 Assorted Pizza
M/W/F: Asst. Subs
T/Th: Asst. Wraps
Tossed Salad
Fresh Vegetables
Fresh Fruit
 Fruit Cups
 100% Fruit Juice
 Chilled Milk
Weekly Specials:
MON: Cheeseburger on a Roll
TUES: Chicken Nuggets w/Bread
WED: Baked Crispy Chicken Sandwich (Plain or Spicy)
THURS: BBQ Pork Rib on a Roll
Fri: Baked Mozzarella Sticks w/Marinara Sauce
Bread Choice = Breadstick or Soft Pretzel

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 Wrap
TUESDAY: Breakfast on a Stick
WEDNESDAY: Breakfast Sandwich
THURSDAY: French Toast Sticks
FRIDAY: Breakfast Pizza
DAILY OPTIONS: Cinnamon Roll, Bagel, Goldfish Graham, Cereal, Muffin Top, Yogurt, Fruit, Fruit Juice & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 \$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>Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 733-5854 or Email: sblunt@gstboces.org or mdougherty@gstboces.org</p>	<p>1 ASIAN RICE BOWL! Chicken Teriyaki w/Rice Hot Dog on a Roll Steamed Broccoli Florets</p>	<p>2 Grilled Chicken Sandwich Carrot Coins Baked Beans</p>
<p>5 Stuffed Crust Pizza Popcorn Chicken Bites w/Bread Carrot Coins</p>	<p>6 TEX-MEX DAY! Meat or Bean Walking w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>7 Hot Turkey & Gravy w/Biscuit Breakfast Sandwich Green Beans Mashed Potatoes w/Gravy Homemade Fruit Crisp</p>	<p>8 BBQ Roasted Chicken w/Breadstick Southwest Taco Salad w/Rice Steamed Broccoli Florets Oven Fries</p>	<p>9 Pizza Dunkers w/Marinara Sauce Turkey Club Wrap Carrot Coins</p>
<p>12 Italian Meatball Sub Buffalo Wrap Carrot Coins Oven Fries</p>	<p>13 TEX-MEX DAY! Meat or Bean Nacho Grande w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>14 Pasta w/Meatballs Pasta w/Marinara Sauce & Cheese Tuna Salad Sandwich Green Beans Fresh Pepper Strips Cinnamon Applesauce Jello</p>	<p>15 ASIAN RICE BOWL! Sesame Chicken w/Rice Hot Dog on a Roll Steamed Broccoli Florets</p>	<p>16 Italian Meatball Sub Crispy Fish Filet Sandwich Carrot Coins</p>
<p>19  Presidents' Day</p>	<p>20 NO SCHOOL</p>		<p>21 Chicken Alfredo w/Bread Tuna Salad Sandwich Green Beans Fresh Pepper Strips</p>	<p>22 BBQ Roasted Chicken w/Breadstick Southwest Taco Salad w/Rice Steamed Broccoli Florets Oven Fries</p>
<p>26 BREAKFAST 4 LUNCH! French Toast Sticks w/Sausage Chicken Ranch Wrap Carrot Coins Oven Fries</p>	<p>27 TEX-MEX DAY! Meat or Bean Tacos w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>28 *NEW ENTREE: Buffalo Macaroni & Cheese w/Bread Egg Salad Sandwich Green Beans Fresh Baby Carrots Fruity Jello w/Whipped Topping</p>	<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</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!

