

♥ FEBRUARY ♥ 2018



BRYANT & NORTH HORNELL ELEMENTARY

AVAILABLE DAILY

PBJ Sandwich
M/W/F: Chicken Caesar Salad w/Bread Choice
Tues & Thurs: Chicken BLT Salad w/Bread Choice
Tossed Salad
Fresh Vegetables
Fresh Fruit
Fruit Cups
100% Fruit Juice
Chilled Milk
North Hornell & Bryant:
Mon - Fri: Cheese Pizza
Bread Choice = Breadstick or Soft Pretzel


PRICING
 Breakfast and Lunch \$0.00
 Milk/Juice/Ala Carte Side \$0.75
 Snacks \$0.50-\$1.30
 PK-12th: 2nd B-fast Entree \$1.00
 PK-6th: 2nd Lunch Entree \$1.40
 7th-12th: 2nd Lunch Entree \$1.60

NOTE: Every student gets 1 breakfast & 1 lunch at no charge per school day. Each breakfast & lunch must be a COMPLETE REIMBURSABLE MEAL or students will be charged ala carte for each item on their tray.

POWER UP WITH SCHOOL BREAKFAST!!

Check out the Breakfast Menu on the district website or contact the food service office to have one sent home with your student.

THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 324-1303 Ext. 1570 or Email: tswisher@gstboces.org</p>			<p>¹ Stuffed Crust Pizza Pepperoni Pizza Turkey & Cheese Sandwich Tuna Salad Sandwich Steamed Broccoli Florets</p>	<p>² Homemade Macaroni & Cheese w/Bread Turkey & Cheese Sandwich Tuna Salad Sandwich Green Beans</p>
<p>⁵ Baked Chicken Nuggets w/Bread Ham & Cheese Sandwich Egg Salad Sandwich Carrot Coins</p>	<p>⁶ Chicken Soft Taco w/Rice Ham & Cheese Sandwich Egg Salad Sandwich Golden Sweet Corn Baked Beans Fresh Cucumber Slices</p>	<p>⁷ Breakfast Sandwich Ham & Cheese Sandwich Egg Salad Sandwich Fresh Baby Carrots Tater Tots Homemade Fruit Crisp</p>	<p>⁸ Baked Crispy Chicken Sandwich Pepperoni Pizza Ham & Cheese Sandwich Egg Salad Sandwich Steamed Broccoli Florets</p>	<p>⁹ Baked Mozzarella Sticks w/Pasta & Marinara Sauce Ham & Cheese Sandwich Egg Salad Sandwich Green Beans</p>
<p>¹² Hot Dog on a Roll Cheeseburger on a Roll Turkey & Cheese Sandwich Tuna Salad Sandwich Fresh Baby Carrots Oven Fries</p>	<p>¹³ Meat Taco w/Rice Turkey & Cheese Sandwich Tuna Salad Sandwich Golden Sweet Corn Baked Beans Fresh Cucumber Slices</p>	<p>¹⁴ Toasted Cheese Sandwich Turkey & Cheese Sandwich Tuna Salad Sandwich Carrot Coins Hot Tomato Soup Cinnamon Applesauce Jello</p>	<p>¹⁵ Pizza Dunkers w/Marinara Sauce Pepperoni Pizza Turkey & Cheese Sandwich Tuna Salad Sandwich Steamed Broccoli Florets</p>	<p>¹⁶ Italian Meatball Sub Turkey & Cheese Sandwich Tuna Salad Sandwich Green Beans</p>
<p>¹⁹</p> 	<div style="border: 2px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <h1>MID-WINTER RECESS</h1> <h2>FEBRUARY 19th-23rd</h2> </div>			<p>²³</p>
<p>²⁶ Popcorn Chicken Bites w/Bread Ham & Cheese Sandwich Egg Salad Sandwich Carrot Coins Baked Beans</p>	<p>²⁷ Baked Mozzarella Sticks w/Pasta & Sauce Ham & Cheese Sandwich Egg Salad Sandwich Golden Sweet Corn Fresh Cucumber Slices</p>	<p>²⁸ French Toast Sticks w/Sausage Ham & Cheese Sandwich Egg Salad Sandwich Fresh Baby Carrots Tater Tots Homemade Fruit Crisp</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!

