

♥ FEBRUARY ♥ 2019



HORNELL HEAD START

Monday

Tuesday

Wednesday

Thursday

Friday

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

¹
Crispy Baked Chicken Sandwich
Fresh Cucumber Slices
Mixed Fruit Cup
1% White Milk

⁴
Popcorn Chicken Bites
Whole Wheat Bread
Sliced Carrots
Fresh Banana
1% White Milk

⁵
Ham & Cheese Sandwich
Golden Sweet Corn
Diced Peaches
1% White Milk

⁶
Homemade Macaroni & Cheese
Whole Wheat Bread
Green Beans
Chilled Applesauce
1% White Milk

⁷
Turkey & Cheese Sandwich
Steamed Broccoli
Diced Pears
1% White Milk

⁸
Stuffed Crust Cheese Pizza
Fresh Cucumber Slices
Mixed Fruit Cup
1% White Milk

¹¹
Italian Meatball Sub
Sliced Carrots
Mixed Fruit Cup
1% White Milk

¹²
Turkey & Cheese Sandwich
Golden Sweet Corn
Diced Peaches
1% White Milk

¹³
Toasted Cheese Sandwich
Hot Tomato Soup
Green Beans
Chilled Applesauce
1% White Milk

¹⁴
Cheeseburger on a Roll
Steamed Broccoli
Diced Pears
1% White Milk

¹⁵
Pizza Dunkers w/Marinara Sauce
Fresh Cucumber Slices
Mixed Fruit Cup
1% White Milk



**MID-WINTER RECESS
FEBRUARY 18th-22nd**

²⁵
Cheeseburger on a Roll
Fresh Baby Carrots
Fresh Banana
1% White Milk

²⁶
Ham & Cheese Sandwich
Golden Sweet Corn
Diced Peaches
1% White Milk

²⁷
Breakfast Sandwich
Green Beans
Chilled Applesauce
1% White Milk

²⁸
Cheese Pizza
Steamed Broccoli
Diced Pears
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!

