




May 2012



Hornell High School



	Monday	Tuesday	Wednesday	Thursday	Friday	
HOT EXPRESS CHOICES Crispy Chicken Sandwich Cheeseburger OFFERED DAILY!! MON/WED/FRI: Oven Baked Fries		1 Baked Mozzarella Sticks w/Pasta & Sauce Chicken Caesar Salad Steamed Broccoli Florets Garlic Bread	2 Nacho Grande w/Meat or Beans Golden Sweet Corn Fruity Jello w/Whipped Topping	3 CONFERENCE DAY NO SCHOOL	4 Toasted Cheese Sandwich Hot Tomato Soup Cut Green Beans	Grab-N-GO Pre-Packaged Specialty Salads & Sandwiches Chilled Fruit Cups Fresh Fruit Fruit & Yogurt Parfait Jello Cups 100% Fruit Juices V-8 Fruit Juice Variety of Chilled Milk
DAILY PIZZA SPECIALS Monday: Garlic, Chicken Wing & Pepperoni Tuesday: Veggie Lovers, Four Cheese & Pepperoni Wednesday: Chicken Wing, Four Cheese & Pepperoni Thursday: Meat Lovers, Veggie Lovers & Pepperoni Friday: Chicken Wing, Four Cheese & Pepperoni	7 Crispy Chicken Patty Sandwich Chicken Caesar Salad Steamed Broccoli Florets	8 Mexican Tacos w/Meat or Beans Chicken Caesar Salad Refried Beans Golden Sweet Corn	9 Sausage Breakfast Sandwich Sweet Potato Fries Homemade Fruit Crisp	10 Cheese & Pepperoni Calzone Chicken Caesar Salad Cut Green Beans Fresh Baby Carrots	11 Chicken Strip Sub Crisp Celery Sticks Green Pepper Strips	Breakfast Menu Monday: French Toast Tuesday: Breakfast Pizza Wednesday: Breakfast Sandwich Thursday: Waffles Friday: Breakfast Sandwich Available Daily Assorted Cereal, Smart Choice Bagels & Muffins, 100% Fruit Juice & Assorted Chilled Milk
Specialty Salads Monday: Caesar Salad Tuesday: Chicken Caesar Salad Wednesday: Julienne Salad Thursday: Chicken Caesar Salad Friday: Julienne Salad	14 Popcorn Chicken Bites Chicken Caesar Salad Beans & Greens	15 Italian Meatball Sub Chicken Caesar Salad Steamed Broccoli Florets	16 Cheesy Chicken Quesadilla Fresh Baby Carrots Seasoned Rice Fruity Jello w/Whipped Topping	17 Mexican Tacos w/Meat or Beans Chicken Caesar Salad Refried Beans Crisp Celery Sticks	18 Toasted Cheese Sandwich Cut Green Beans Hot Tomato Soup	PRICING K-6 Lunch \$1.80 7-12 Lunch \$2.05 Reduced \$0.25 Meal Breakfast \$1.00 Milk \$0.60 Ice Cream \$0.60 Adult \$3.35 Lunch
	21 Crispy Chicken Nuggets Chicken Caesar Salad Sweet Potato Fries	22 Nacho Grande w/Meat or Beans Chicken Caesar Salad Refried Beans Mexican Rice Golden Sweet Corn	23 Baked Mozzarella Sticks w/Pasta & Sauce Steamed Broccoli Florets Garlic Bread	24 French Toast Sticks w/Sausage Chicken Caesar Salad Crispy Golden Hash Brown	25 Hot Turkey & Gravy Mashed Potatoes Cut Green Beans	
Contact Us if you have any questions, comments or concerns. We can be reached at (607) 324-3759 or E-mail tswisher@gstboces.org	28 NO SCHOOL  Memorial Day	29 Crispy Chicken Patty Sandwich Chicken Caesar Salad California Blend Vegetables Tasty Tater Tots	30 Mexican Tacos w/Meat or Beans Golden Sweet Corn Oven Baked Fries Fruity Jello w/Whipped Topping	31 BBQ Pork Rib Sandwich Chicken Caesar Salad Fresh Baby Carrots Raw Cucumber Slices	NOTICE: The menu is subject to change without advanced notice.	

SuperKids Nutrition

May 2012- Health & Fitness Tips

May is Exercise Medicine Month!



Did you know that exercise helps keep you from getting sick? Active play **every single day** is good for all your body parts and systems and prevents diabetes, heart disease, obesity and some types of cancer! It can also help you feel better everyday

Run, jump, jog, bike, walk, dance, flip, skip, hop, tumble, swing and stretch your way to fitness and good health every month!

Frozen Fruit Frenzy!

You've probably had frozen fruit in smoothies before, but have you ever eaten it straight out of the freezer? Frozen fruits like **seedless grapes**, **pitted cherries**, **blueberries**, **raspberries** and **mango chunks** are like little bites of smoothies and are a delicious way to cool off when it starts getting warm! Give it a try and you may be surprised.



What Am I?

I'm dark red and purple and I grow on trees. George Washington is said to have chopped down one of these trees. I am about the size of a large marble and I have a seed in me. I am naturally very sweet, juicy and sometimes tart, and I taste great in whole wheat pies or all by myself! I can help protect your heart and immune system.

Answer: Cherry!



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Great Grilling!

Marinate with citrus to avoid harmful compounds from being formed during grilling that can increase cancer risks. Which of these do you like to eat grilled? What are some of your other favorites?



- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Skinless Chicken | <input type="checkbox"/> Kebabs |
| <input type="checkbox"/> Lean Ground Turkey Patties | <input type="checkbox"/> Bell Peppers |
| <input type="checkbox"/> Salmon | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Low-fat Turkey Dogs | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Veggie Burgers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Seasoned Potatoes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Corn on the Cob | <input type="checkbox"/> _____ |



Does Your Diet and Health Make The Grade?



How much juice, soda, or other sugar-sweetened beverages do you drink per day?

- A. None
- B. 2/3 cup or less
- C. More than 2/3 cup

According to ChooseMyPlate.gov kids ages 9-18 years old need how many cups of fruit per day?

- A. 1 ½ to 2 cups
- B. 1 to ½ cups
- C. At least 2 cups

How much time do you spend each day being active?

- A. 60 minutes or more
- B. 30-60 minutes
- C. Less than 30 minutes

How often do you skip breakfast?

- A. Almost never
- B. 1-2 times per week
- C. More than two times per week



Scoring: **Mostly A's**, Keep up the good work! Try sharing your healthy habits with family and friends. **Mostly B's**: You're almost there! Fine-tune your eating habits. **Mostly C's**: Work on the basics of healthy eating!