



HORNELL MIDDLE & HIGH SCHOOL



March 2018

Monday

Tuesday

Wednesday

Thursday

Friday



School Breakfast Week is March 5th - 9th!! Come Check out what your school cafeteria has to

<p>1 ASIAN RICE BOWL! Chicken & Orange Sauce w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets</p>	<p>2 Homemade Macaroni & Cheese w/Bread Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Green Beans</p>
<p>7 BBQ Pork Rib on a Roll Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Fresh Baby Carrots Oven Fries Cinnamon Applesauce Jello</p>	<p>9 CONFERENCE DAY NO SCHOOL</p>
<p>14 BREAKFAST 4 LUNCH! Breakfast Sandwich Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Fresh Baby Carrots Tater Tots Homemade Fruit Crisp</p>	<p>16 Baked Mozzarella Sticks w/Pasta & Marinara Sauce Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Green Beans</p>
<p>21 Toasted Cheese Sandwich Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins Hot Tomato Soup Cinnamon Applesauce Jello</p>	<p>23 Pizza Dunkers w/Marinara Sauce Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets</p>
<p>28 BREAKFAST 4 LUNCH! French Toast Sticks w/Sausage Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Fresh Baby Carrots Tater Tots Homemade Fruit Crisp</p>	<p>30 NO SCHOOL</p> <hr/> <p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>

5 Italian Meatball Sub
Buffalo Wing Pizza
Pepperoni Pizza
Cheese Pizza
Carrot Coins

12 Baked Chilled Nuggets w/Bread
Buffalo Wing Pizza
Pepperoni Pizza
Cheese Pizza
Carrot Coins

19 Authentic North Carolina Pulled Pork Sandwich
Buffalo Wing Pizza
Pepperoni Pizza
Cheese Pizza
Fresh Baby Carrots
Oven Fries

26 Popcorn Chicken Bites w/Bread
Buffalo Wing Pizza
Pepperoni Pizza
Cheese Pizza
Carrot Coins

6 **TEX-MEX DAY!**
Meat Taco w/Rice
Garlic Pizza
Pepperoni Pizza
Cheese Pizza
Golden Sweet Corn
Baked Beans
Fresh Cucumber Slices

13 **TEX-MEX DAY!**
Chicken Soft Taco w/Rice
Garlic Pizza
Pepperoni Pizza
Cheese Pizza
Golden Sweet Corn
Baked Beans
Fresh Cucumber Slices

20 **TEX-MEX DAY!**
Meat Nacho Grande w/Rice
Garlic Pizza
Pepperoni Pizza
Cheese Pizza
Golden Sweet Corn
Baked Beans
Fresh Cucumber Slices

27 **TEX-MEX DAY!**
Chicken Soft Taco w/Rice
Garlic Pizza
Pepperoni Pizza
Cheese Pizza
Golden Sweet Corn
Baked Beans
Fresh Cucumber Slices

7 BBQ Pork Rib on a Roll
Buffalo Wing Pizza
Pepperoni Pizza
Cheese Pizza
Fresh Baby Carrots
Oven Fries
Cinnamon Applesauce Jello

14 **BREAKFAST 4 LUNCH!**
Breakfast Sandwich
Buffalo Wing Pizza
Pepperoni Pizza
Cheese Pizza
Fresh Baby Carrots
Tater Tots
Homemade Fruit Crisp

21 Toasted Cheese Sandwich
Buffalo Wing Pizza
Pepperoni Pizza
Cheese Pizza
Carrot Coins
Hot Tomato Soup
Cinnamon Applesauce Jello

28 **BREAKFAST 4 LUNCH!**
French Toast Sticks w/Sausage
Buffalo Wing Pizza
Pepperoni Pizza
Cheese Pizza
Fresh Baby Carrots
Tater Tots
Homemade Fruit Crisp

8 Buffalo Chicken Strip Sub
Garlic Pizza
Pepperoni Pizza
Cheese Pizza
Steamed Broccoli Florets

15 Chicken Alfredo w/Bread
Garlic Pizza
Pepperoni Pizza
Cheese Pizza
Steamed Broccoli Florets

22 Hot Turkey & Gravy w/Bread
Buffalo Wing Pizza
Pepperoni Pizza
Cheese Pizza
Green Beans
Mashed Potatoes w/Gravy

29 **ASIAN RICE BOWL!**
Chicken & Orange Sauce w/Rice
Garlic Pizza
Pepperoni Pizza
Cheese Pizza
Steamed Broccoli Florets

AVAILABLE DAILY
PBJ Sandwich
Made to Order Subs, Wraps & Sandwiches
Baked Crispy Chicken Sandwich
Hamburger on a Roll
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
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.

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@gstbores.org](mailto:tswisher@gstbores.org)



The Healthy Kids Lunchroom

March 2018

Top 10 Reasons to Eat Breakfast at School

1. **Save Time in the Morning**

Eating breakfast at school allows you to save time in the morning and let your kids sleep in a little bit longer.

2. **Healthier Kids**

Research shows students who eat breakfast make less trips to the school nurse and miss fewer days of school.

3. **Stay Full All Day**

People who skip breakfast are more likely to eat extra calories throughout the day.

4. **Lower Your Risk of Diabetes**

According to the American Heart Association, people who eat breakfast are significantly less likely to develop diabetes than people who skip breakfast.

5. **Maintain A Healthy Weight**

A study by the National Weight Control Registry shows that eating breakfast helps people control their weight.

6. **Enhanced Memory**

According to experts, eating breakfast improves memory and learning.

7. **Improved Test Scores**

According to the USDA, eating breakfast can help improve math, reading, and standardized test scores.

8. **Enhanced Concentration**

According to the Academy of Nutrition and Dietetics, people who eat breakfast are better able to concentrate throughout the day.

9. **Exercise Better**

Researchers believe that people who eat breakfast have higher energy levels as well as more strength and endurance to engage in physical activity.

10. **Better Nutrition**

Studies have also shown that kids who eat breakfast consume more vitamins, minerals, and fiber throughout the day.