

April 2018



HORNELL INTERMEDIATE SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday

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: Pepperoni Pizza

M/W/F: Buffalo Wing Pizza

Tues: Garlic Pizza

Thurs: Cheese Pizza

Bread Choice = Breadstick or Soft Pretzel

² Italian Meatball Sub
Turkey & Cheese Sandwich
Tuna Salad Sandwich
Carrot Coins

⁹ **NEW ENTREE:** Homestyle
Crispy Chicken Tenders w/Rice
Ham & Cheese Sandwich
Egg Salad Sandwich
Carrot Coins

¹⁶ Hot Dog on a Roll
Cheeseburger on a Roll
Turkey & Cheese Sandwich
Tuna Salad Sandwich
Fresh Baby Carrots
Oven Fries

²³ 

³⁰ Popcorn Chicken Bites w/Bread
Ham & Cheese Sandwich
Egg Salad Sandwich
Carrot Coins

³ **TEX-MEX DAY!**
Meat Taco w/Rice
Turkey & Cheese Sandwich
Tuna Salad Sandwich
Golden Sweet Corn
Baked Beans
Fresh Cucumber Slices

¹⁰ **TEX-MEX DAY!**
Chicken Soft Taco w/Rice
Ham & Cheese Sandwich
Egg Salad Sandwich
Golden Sweet Corn
Baked Beans
Fresh Cucumber Slices

¹⁷ **TEX-MEX DAY!**
Meat Taco w/Rice
Turkey & Cheese Sandwich
Tuna Salad Sandwich
Golden Sweet Corn
Baked Beans
Fresh Cucumber Slices

²⁴

⁴ BBQ Pork Rib on a Roll
Turkey & Cheese Sandwich
Tuna Salad Sandwich
Fresh Baby Carrots
Oven Fries
Cinnamon Applesauce Jello

¹¹ **BREAKFAST 4 LUNCH!**
Breakfast Sandwich
Ham & Cheese Sandwich
Egg Salad Sandwich
Fresh Baby Carrots
Tater Tots
Homemade Fruit Crisp

¹⁸ **SOUP & SANDWICH DAY!**
Toasted Cheese Sandwich
Turkey & Cheese Sandwich
Tuna Salad Sandwich
Carrot Coins
Hot Tomato Soup
Cinnamon Applesauce Jello

²⁵

⁵ Buffalo Chicken Strip Sub
Turkey & Cheese Sandwich
Tuna Salad Sandwich
Steamed Broccoli Florets

¹² Baked Crispy Chicken Sandwich
Ham & Cheese Sandwich
Egg Salad Sandwich
Steamed Broccoli Florets

¹⁹ Stuffed Crust Pizza
Turkey & Cheese Sandwich
Tuna Salad Sandwich
Steamed Broccoli Florets

²⁶

⁶ Homemade Macaroni & Cheese w/Bread
Turkey & Cheese Sandwich
Tuna Salad Sandwich
Green Beans

¹³ Baked Mozzarella Sticks w/Pasta & Marinara Sauce
Ham & Cheese Sandwich
Egg Salad Sandwich
Green Beans

²⁰ **BREAKFAST 4 LUNCH!**
French Toast Sticks & Sausage
Turkey & Cheese Sandwich
Tuna Salad Sandwich
Green Beans
Tater Tots

²⁷ 

SPRING BREAK
APRIL 23rd - APRIL 27th



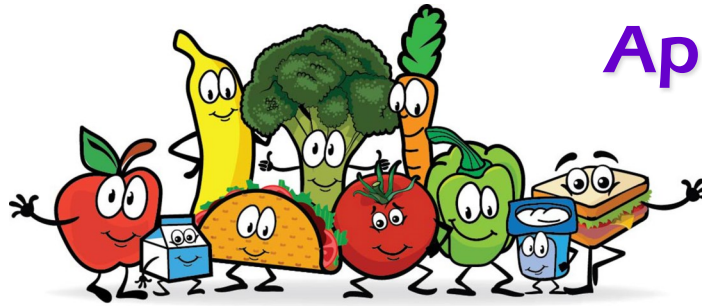
THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER

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

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.

PARENTS & STUDENTS
Visit the Foodservice/Cafeteria link on your district website to view menus & much more!!



What is a healthy meal? Use this chart as your guide.

5 Food Components Fill Your Plate...

Choose at Least **3** to
MAKE YOUR
PLATE GREAT!



Check out
your choices
for **MILK**



Must select
at least
1
FRUIT
or
VEGETABLE

Choose an
entrée with
PROTEIN
may include
GRAIN



MAKE YOUR PLATE GREAT!

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All 5 Components are offered every day
in your school's lunch!