

# ♥ FEBRUARY ♥ 2018





# HORNELL INTERMEDIATE SCHOOL

**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**

**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.

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

