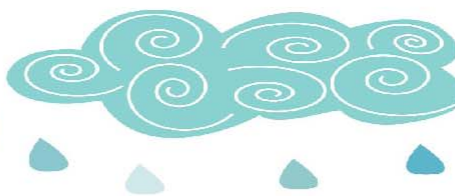


April 2018



HORNELL MIDDLE & HIGH SCHOOL



Monday

Tuesday

Wednesday

Thursday

Friday

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.

² Italian Meatball Sub
 Buffalo Wing Pizza
 Pepperoni Pizza
 Cheese Pizza
 Carrot Coins

⁹ **NEW ENTREE:** Homestyle
Crispy Chicken Tenders w/Rice
 Buffalo Wing Pizza
 Pepperoni Pizza
 Cheese Pizza
 Carrot Coins

¹⁶ Authentic North Carolina
 Pulled Pork Sandwich
 Buffalo Wing Pizza
 Pepperoni Pizza
 Cheese Pizza
Fresh Baby Carrots
 Oven Fries

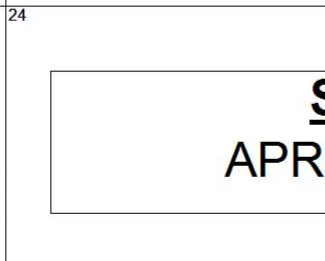


³⁰ Popcorn Chicken Bites w/Bread
 Buffalo Wing Pizza
 Pepperoni Pizza
 Cheese Pizza
 Carrot Coins

³ **TEX-MEX DAY!**
 Meat Taco w/Rice
 Garlic Pizza
 Pepperoni Pizza
 Cheese Pizza
 Golden Sweet Corn
 Baked Beans
Fresh Cucumber Slices

¹⁰ **TEX-MEX DAY!**
 Chicken Soft Taco w/Rice
 Garlic Pizza
 Pepperoni Pizza
 Cheese Pizza
 Golden Sweet Corn
 Baked Beans
Fresh Cucumber Slices

¹⁷ **TEX-MEX DAY!**
 Meat Nacho Grande w/Rice
 Garlic Pizza
 Pepperoni Pizza
 Cheese Pizza
 Golden Sweet Corn
 Baked Beans
Fresh Cucumber Slices

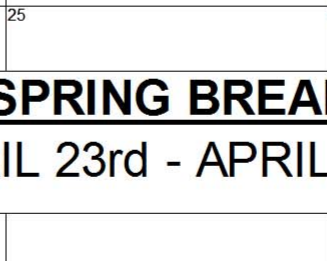


DAILY BREAKFAST MENU
Choose 1: Breakfast Sandwich or Bagel
or
Choose 2: Goldfish Graham Cracker, Cereal Bowl, Muffin Top
Available Sides w/Entrees: Fruit, 100% Fruit Juice & Assorted Milk

⁴ BBQ Pork Rib on a Roll
 Buffalo Wing Pizza
 Pepperoni Pizza
 Cheese Pizza
Fresh Baby Carrots
 Oven Fries
Cinnamon Applesauce Jello

¹¹ **BREAKFAST 4 LUNCH!**
 Breakfast Sandwich
 Buffalo Wing Pizza
 Pepperoni Pizza
 Cheese Pizza
Fresh Baby Carrots
 Tater Tots
Homemade Fruit Crisp

¹⁸ **SOUP & SANDWICH DAY!**
 Toasted Cheese Sandwich
 Buffalo Wing Pizza
 Pepperoni Pizza
 Cheese Pizza
 Carrot Coins
 Hot Tomato Soup
Cinnamon Applesauce Jello



CONTACT THE FS OFFICE if you have any questions, comments or concerns. We can be reached at (607) 324-1303 Ext. 1570 or **Email:** tswis her@gstboces.org

⁵ Buffalo Chicken Strip Sub
 Garlic Pizza
 Pepperoni Pizza
 Cheese Pizza
 Steamed Broccoli Florets

¹² Chicken Alfredo w/Bread
 Garlic Pizza
 Pepperoni Pizza
 Cheese Pizza
 Steamed Broccoli Florets

¹⁹ BBQ Roasted Chicken w/Bread Choice
 Garlic Pizza
 Pepperoni Pizza
 Cheese Pizza
 Steamed Broccoli Florets



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⁶ Homemade Macaroni & Cheese w/Bread
 Buffalo Wing Pizza
 Pepperoni Pizza
 Cheese Pizza
 Green Beans

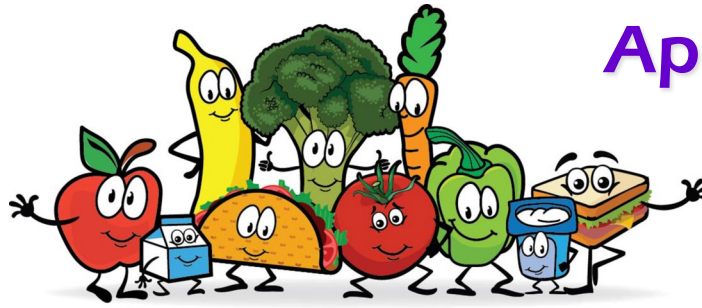
¹³ Baked Mozzarella Sticks w/Pasta & Marinara Sauce
 Buffalo Wing Pizza
 Pepperoni Pizza
 Cheese Pizza
 Green Beans

²⁰ **BREAKFAST 4 LUNCH!**
 French Toast Sticks & Sausage
 Buffalo Wing Pizza
 Pepperoni Pizza
 Cheese Pizza
 Green Beans
 Tater Tots



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THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER



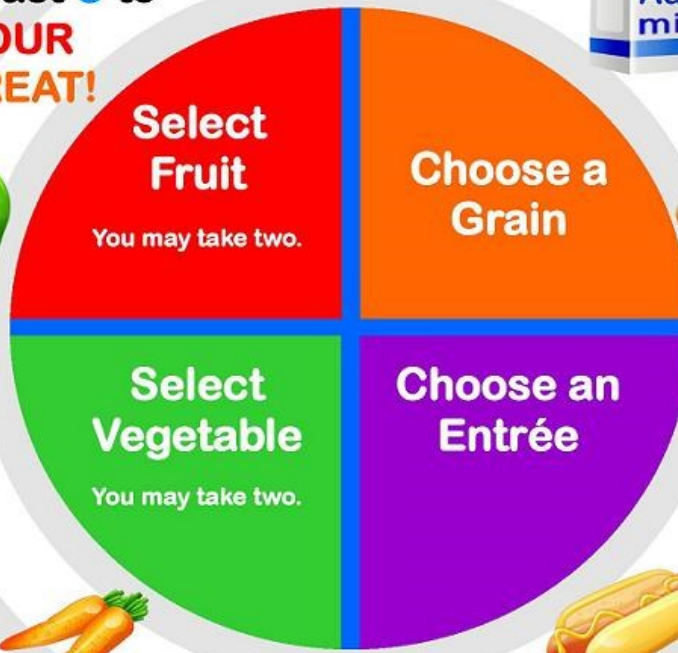
What is a healthy meal? Use this chart as your guide.

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!