

♥ FEBRUARY ♥ 2018



HORNELL MIDDLE & HIGH SCHOOL

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.

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 |
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| <p>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</p> |  | | <p>¹ BBQ Baked Chicken w/Bread Choice Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets Mashed Potatoes</p> | <p>² Homemade Macaroni & Cheese w/Bread Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Green Beans</p> |
| <p>⁵ Baked Chicken Nuggets w/Bread Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins</p> | <p>⁶ Chicken Soft Taco w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Baked Beans Fresh Cucumber Slices</p> | <p>⁷ Breakfast Sandwich Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Fresh Baby Carrots Tater Tots Homemade Fruit Crisp</p> | <p>⁸ Authentic North Carolina Pulled Pork Sandwich Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets</p> | <p>⁹ Baked Mozzarella Sticks w/Pasta & Marinara Sauce Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Green Beans</p> |
| <p>¹² Bacon Cheeseburger on a Roll Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Baked Beans Oven Fries</p> | <p>¹³ Turkey & Gravy w/Bread Garlic Pizza Pepperoni Pizza Cheese Pizza Mashed Potatoes Green Beans Fresh Cucumber Slices</p> | <p>¹⁴ Toasted Cheese Sandwich Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins Hot Tomato Soup Cinnamon Applesauce Jello</p> | <p>¹⁵ Philly Cheese Steak Sub Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets Fresh Baby Carrots</p> | <p>¹⁶ Italian Meatball Sub Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Green Beans</p> |
| <p>¹⁹ </p> | <div style="border: 2px solid black; padding: 10px;"> <h2>MID-WINTER RECESS</h2> <h2>FEBRUARY 19th-23rd</h2> </div> | | | <p>²³</p> |
| <p>²⁶ Popcorn Chicken Bites w/Bread Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins Baked Beans</p> | <p>²⁷ Baked Mozzarella Sticks w/Pasta & Marinara Sauce Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Fresh Cucumber Slices</p> | <p>²⁸ French Toast Sticks w/Sausage Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Fresh Baby Carrots Tater Tots Homemade Fruit Crisp</p> | <p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</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!

