

♥ FEBRUARY ♥ 2018



HORSEHEADS SCHOOL DISTRICT - GRADES PK-4TH


AVAILABLE DAILY

- Chef Salad w/Bread Choice
- Vegetarian Chef Salad w/Bread Choice
- Yogurt w/Bread Choice
- Hummus w/Veggies, Chips & Bread
- Cheese Pizza
- PBJ Sandwich
- Turkey & Cheese Sandwich
- Ham & Cheese Sandwich
- Tossed Salad**
- Fresh Vegetables**
- Fresh Fruit**
- Fruit Cups
- 100% Fruit Juice
- Chilled Milk
- WEEKLY SPECIALS**
- M,W,F** - Baked Chicken Nuggets w/Bread
- T,Th** - Baked Crispy Chicken Sandwich
- Bread Choice = Breadstick, Soft Pretzel or Bagel**

PRICING

Grades K-6th	\$2.10
Grades 7th-12th	\$2.35
Reduced	\$0.25
Breakfast	\$1.25
Milk/Ala Carte Sides	\$0.75
Snacks	\$0.50-\$1.30

- BREAKFAST MENU**
- MONDAY:** Mini Waffles or Pancakes
 - TUESDAY:** Breakfast Sandwich
 - WEDNESDAY:** Cinnamon Bun
 - THURSDAY:** French Toast Sticks
 - FRIDAY:** Breakfast on a Stick
 - DAILY OPTIONS:** Bagel, Goldfish Graham, Cereal, Oatmeal, Muffin Top, Oatmeal Bar, Yogurt, Fruit, 100% Fruit Juice & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Need to S-T-R-E-T-C-H your food dollars? See if you qualify for free/reduced price breakfast & lunch? Household of 2 weekly gross income under \$570 Household of 3 weekly gross income under \$718 Household of 4 weekly gross income under \$865 <u>Call your FS Office to apply</u></p>		<p>Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 739-5601 ext. 3671 or <u>Email:</u> sblunt@gstboces.org</p>	<p>¹Homemade Macaroni & Cheese w/Bread Fish Treasures w/Bread Fresh Baby Carrots</p>	<p>²Pepperoni Pizza Turkey Club Wrap Carrot Coins</p>
<p>⁵BREAKFAST 4 LUNCH French Toast Sticks w/Sausage Buffalo Wrap Tater Tots</p>	<p>⁶TEX-MEX DAY Meat or Bean Nacho Grande w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>⁷Hot Turkey & Gravy w/Bread Egg Salad Sandwich Steamed Broccoli Florets Mashed Potatoes w/Gravy Cinnamon Applesauce Jello</p>	<p>⁸SOUP & SANDWICH DAY Toasted Cheese Sandwich Chicken Ranch Wrap Hot Tomato Soup Fresh Cucumber Slices</p>	<p>⁹Pizza Dunkers w/Marinara Sauce Chicken Ranch Wrap Carrot Coins</p>
<p>¹²Italian Meatball Sub BBQ Pork Rib on a Roll Carrot Coins Oven Fries</p>	<p>¹³TEX-MEX DAY Meat or Bean Taco w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>¹⁴Sesame Chicken w/Rice Hot Dog on a Roll Steamed Broccoli Florets Homemade Fruit Crisp</p>	<p>¹⁵Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Chicken Ranch Wrap Green Beans Fresh Pepper Strips</p>	<p>¹⁶Pepperoni Pizza Ham & Cheese Wrap Carrot Coins</p>
<p>¹⁹ Presidents' Day</p>	<p>²⁰NO SCHOOL</p>		<p>²¹Baked Mozzarella Sticks w/Pasta & Marinara Sauce Ham & Cheese Wrap Green Beans</p>	<p>²²SOUP & SANDWICH DAY Toasted Cheese Sandwich Chicken Ranch Wrap Hot Tomato Soup Fresh Cucumber Slices</p>
<p>²⁶BREAKFAST 4 LUNCH Waffles w/Sausage Buffalo Wrap Carrot Coins Tater Tots</p>	<p>²⁷TEX-MEX DAY Meat or Bean Walking Taco w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>²⁸Hot Turkey & Gravy w/Bread Egg Salad Sandwich Steamed Broccoli Florets Mashed Potatoes w/Gravy</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!

