

♥ FEBRUARY ♥ 2018



HORSEHEADS SCHOOL DISTRICT GRADES 9th-12th

AVAILABLE DAILY


PBJ Sandwich
Deli Subs & Wraps
Yogurt w/Bread Choice
Fruit & Yogurt Parfait w/Bread Choice
Chef Salad w/Bread Choice
Vegetarian Chef Salad w/Bread Choice
Hummus w/Veggies, Chips & Bread
Assorted Pizza
Baked Chicken Nuggets w/Bread
Baked Crispy Chicken Sandwich (Plain or Spicy)
Cheeseburger on a Roll
Cheesy Veggie Burger on a Roll
Tossed Salad
Fresh Vegetables
Fresh Fruit
Fruit Cups
100% Fruit Juice
Chilled Milk
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: UBR
WEDNESDAY: Breakfast Sandwich
FRIDAY: Breakfast on a Stick
DAILY OPTIONS: Cinnamon Roll, Bagel, Goldfish Graham, Cereal, Muffin Top, Oatmeal Bar, Oatmeal, Yogurt, Breakfast Smoothie, Fruit, 100% Fruit Juice & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"> 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 Popcorn Chicken Bites w/Goldfish Green Beans </p>	<p> ²Buffalo Melt Chicken Tenders w/Bread Oven Fries Carrot Coins </p>
<p> ⁵BREAKFAST 4 LUNCH French Toast Sticks w/Sausage Turkey Club Wrap Tater Tots </p>	<p> ⁶TEX-MEX DAY Meat or Bean Nacho Grande w/Rice Golden Sweet Corn Refried Beans </p>	<p> ⁷Hot Turkey & Gravy w/Bread Hot Dog on a Roll Steamed Broccoli Florets Mashed Potatoes w/Gravy Homemade Fruit Crisp </p>	<p> ⁸Buffalo Melt Southwest Taco Salad w/Rice Hot Tomato Soup Fresh Cucumber Slices </p>	<p> ⁹Pizza Dunkers w/Marinara Sauce Italian Meatball Sub Carrot Coins </p>
<p> ¹²Authentic North Carolina Pulled Pork Sandwich Buffalo Wrap 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> ¹⁴HIBACHI GRILL DAY! Sesame Chicken w/Rice Hot Dog on a Roll Steamed Broccoli Florets Fresh Pepper Strips Cinnamon Applesauce Jello </p>	<p> ¹⁵Pasta w/Meatballs Pasta w/Marinara Sauce & Cheese Toasted Cheese Sandwich Green Beans Tomato Soup </p>	<p> ¹⁶Buffalo Melt Crispy Fish Filet Sandwich Carrot Coins </p>
<p> ¹⁹ </p>	<p> ²⁰NO SCHOOL </p>	<p> ²¹Baked Mozzarella Sticks w/Pasta & Marinara Sauce BBQ Pork Rib on a Roll Baked Beans </p>	<p> ²²*NEW ENTREE: Buffalo Macaroni & Cheese w/Bread Popcorn Chicken Bites w/Goldfish Tomato Soup </p>	<p> ²³Pizza Dunkers w/Marinara Sauce Italian Meatball Sub Carrot Coins </p>
<p> ²⁶*NEW ENTREE: Grilled Chicken Sandwich Stuffed Crust Pizza Tater Tots </p>	<p> ²⁷TEX-MEX DAY Meat or Bean Walking Taco w/Rice Golden Sweet Corn Refried Beans </p>	<p> ²⁸Hot Turkey & Gravy w/Bread Egg Salad Sandwich Steamed Broccoli Florets Mashed Potatoes w/Gravy 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!

