

# SEPTEMBER 2017



## HORSEHEADS SCHOOL DISTRICT GRADES 9th-12th

Monday

Tuesday

Wednesday

Thursday

Friday



### 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
- Tossed Salad**
- Fresh Vegetables**
- Fresh Fruit**
- Fruit Cups
- 100% Fruit Juice
- Chilled Milk
- Bread Choice = Breadstick, Soft Pretzel or Bagel
- Grab-N-Go Specials**
- Mon-Fri:** Assorted Pizza
- Mon:** Baked Chicken Nuggets w/Bread
- Tues:** Cheeseburger or Cheesy Veggie Burger on a Roll
- Wed:** Popcorn Chicken Bites w/Bread
- Thurs:** Baked Crispy Chicken Sandwich (Plain or Spicy)
- Fri:** BBQ Pork Rib on a Bun

### PRICING

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

Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 739-5601 ext. 3671 or Email: [sblunt@gstboces.org](mailto:sblunt@gstboces.org)

<p><b>BREAKFAST MENU</b>  <b>MONDAY:</b> UBR  <b>WEDNESDAY:</b> Breakfast Sandwich  <b>FRIDAY:</b> Breakfast on a Stick  <b>DAILY OPTIONS:</b> Cinnamon Roll, Bagel, Goldfish Graham, Cereal, Muffin Top, Oatmeal Bar, Oatmeal, Yogurt, Breakfast Smoothie, Fruit, 100% Fruit Juice &amp; Milk</p>	<p></p>	<p><b>FREE &amp; REDUCED APPLICATION REMINDER:</b>          Submit your new application for the 2017-2018 school year to guarantee your child will continue to receive appropriate benefits. Those students with no application on file will be <b>CHANGED TO PAID STATUS IN OCTOBER.</b></p>		<p>Free &amp; Reduced Applications are available on the district website or in the district offices.</p>
<p>4   <b>Labor Day</b></p>	<p>5 <b>CHECK OUT ALL OF THE WEEKLY &amp; DAILY SPECIALS ON THE SIDE OF THE MENU!!</b></p>	<p>6 Cheeseburger on a Roll          Cheesy Veggie Burger on a Roll          Hot Dog on a Roll          Steamed Broccoli Florets          Baked Beans</p>	<p>7 Baked Chicken Tenders w/Goldfish          Green Beans  <b>Fresh Baby Carrots</b></p>	<p>8 Crispy Fish Filet on a Roll          Carrot Coins</p>
<p>11 French Toast Sticks w/Sausage          Turkey Club Wrap          Carrot Coins          Tater Tots</p>	<p>12 Meat or Bean Nacho Grande w/Rice          Golden Sweet Corn          Refried Beans</p>	<p>13 Turkey &amp; Gravy w/Bread          Hot Dog on a Bun          Steamed Broccoli Florets          Mashed Potatoes w/Gravy  <b>Homemade Fruit Crisp</b></p>	<p>14 Buffalo Melt          Southwest Taco Salad w/Rice          Hot Tomato Soup  <b>Fresh Cucumber Slices</b></p>	<p>15 Pizza Dunkers w/Marinara Sauce          Italian Meatball Sub          Carrot Coins</p>
<p>18 Authentic North Carolina Pulled Pork Sandwich          Buffalo Wrap          Carrot Coins          Oven Fries</p>	<p>19 Meat or Bean Taco w/Rice          Chicken Caesar Salad w/Bread Choice          Golden Sweet Corn          Refried Beans</p>	<p>20 Sesame Chicken w/Rice          Hot Dog on a Roll          Steamed Broccoli Florets  <b>Cinnamon Applesauce Jello</b></p>	<p>21 Pasta w/Meatsauce &amp; Cheese          Pasta w/Marinara Sauce &amp; Cheese          Toasted Cheese Sandwich          Green Beans  <b>Fresh Pepper Strips</b></p>	<p>22 Crispy Fish Filet on a Roll          Carrot Coins</p>
<p>25 Italian Meatball Sub          Chicken Ranch Wrap          Carrot Coins          Tater Tots</p>	<p>26 Meat or Bean Walking Taco w/Rice          Golden Sweet Corn          Refried Beans</p>	<p>27 Hot Turkey &amp; Gravy w/Bread          Egg Salad Sandwich          Steamed Broccoli Florets          Mashed Potatoes w/Gravy  <b>Homemade Fruit Crisp</b></p>	<p>28 Baked Mozzarella Sticks w/Pasta &amp; Marinara Sauce          Chicken Fajita Salad w/Rice          Green Beans  <b>Fresh Cucumber Slices</b></p>	<p>29 Pizza Dunkers w/Marinara Sauce          Sloppy Joe on a Bun          Carrot Coins</p>
<p><b>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER &amp; PROVIDER</b></p>				