

DECEMBER 2017



HORSEHEADS SCHOOL DISTRICT GRADES 9th-12th

Monday

Tuesday

Wednesday

Thursday

Friday

<p>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</p>	<p><i>Smart Choices</i></p>			<p>¹ Pizza Dunkers w/Marinara Sauce Crispy Fish Filet on a Roll Carrot Coins</p>
<p>⁴ French Toast Sticks w/Sausage Grilled Chicken Sandwich Carrot Coins Tater Tots</p>	<p>⁵ TEX-MEX DAY Meat or Bean Nacho Grande w/Rice Golden Sweet Corn Refried Beans Chicken BLT Salad w/Bread Choice</p>	<p>⁶ Hot Turkey & Gravy Hot Dog on a Roll Steamed Broccoli Florets Mashed Potatoes w/Gravy Homemade Fruit Crisp</p>	<p>⁷ Buffalo Toasted Cheese Sandwich Southwest Taco Salad w/Rice Hot Tomato Soup Fresh Cucumber Slices</p>	<p>⁸ Pizza Dunkers w/Marinara Sauce BBQ Pork Rib on a Roll Carrot Coins Minestrone Soup</p>
<p>¹¹ Authentic North Carolina Pulled Pork Sandwich Toasted Cheese Sandwich Carrot Coins Hot Tomato Soup</p>	<p>¹² TEX-MEX DAY Meat or Bean Taco w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>¹³ Sesame Chicken w/Rice Hot Dog on a Roll Steamed Broccoli Florets Fresh Pepper Strips Cinnamon Applesauce Jello</p>	<p>¹⁴ Pasta w/Meatballs Pasta w/Marinara Sauce & Cheese Buffalo Wrap Green Beans</p>	<p>¹⁵ Pizza Dunkers w/Marinara Sauce Crispy Fish Filet on a Roll Carrot Coins</p>
<p>¹⁸ Italian Meatball Sub Buffalo Toasted Cheese Sandwich Carrot Coins Tater Tots</p>	<p>¹⁹ TEX-MEX DAY Meat or Bean Walking Taco w/Rice Golden Sweet Corn Refried Beans Chicken BLT Salad w/Bread Choice</p>	<p>²⁰ BURRITO BAR DAY Made to Order Burrito or Rice Bowl Chicken Ranch Wrap</p>	<p>²¹ Hot Turkey & Gravy w/Bread Egg Salad Sandwich Steamed Broccoli Florets Mashed Potatoes w/Gravy Homemade Fruit Crisp</p>	<p>²² Pizza Dunkers w/Marinara Sauce Sloppy Joe on a Roll Carrot Coins</p>
<p>²⁵ HAPPY HOLIDAYS</p>	<p>WINTER BREAK DEC 25th - JAN 1st</p>			<p>SEE YOU NEXT YEAR! Students Return: January 2nd, 2018</p>
<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 Call your FS Office to apply</p>	<p>Free & Reduced Applications are available on the district website or in the district offices.</p>			<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>

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