

♥ FEBRUARY ♥ 2018



HORSEHEADS SCHOOL DISTRICT - GRADES 5th-8th


AVAILABLE DAILY

Chef Salad w/Bread Choice
 Vegetarian Chef Salad w/Bread Choice
 Yogurt w/Bread Choice
 Hummus w/Veggies, Chips & Bread
 Asst Pizza
 PBJ Sandwich
 Assort. Subs & Wraps
Tossed Salad
Fresh Vegetables
Fresh Fruit
 Fruit Cups
 100% Fruit Juice
 Chilled Milk
WEEKLY SPECIALS
Mon Baked Chicken Nuggets w/Bread
Tues: Cheese burger or Cheesy Veggie Burger on a Roll
Wed: Popcorn Chicken Bites w/Bread
Thurs: Baked Crispy Chicken Sandwich
Fri: BBQ Pork Rib on a Roll
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: Breakfast on a Stick
TUES/THURS: Breakfast Sandwich
WEDNESDAY: Breakfast Pizza
FRIDAY: Mini Pancakes & Waffles
DAILY OPTIONS: Cinnamon Roll, Bagel, Goldfish Graham, Cereal, Oatmeal, Muffin Top, Oatmeal Bar, Yogurt, Smoothie (Mon & Fri), 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 Call your FS Office to apply</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>1 Homemade Macaroni & Cheese w/Bread Baked Chicken Tenders w/Goldfish Green Beans Fresh Baby Carrots</p>	<p>2 Buffalo Melt Crispy Fish Filet Sandwich Carrot Coins</p>	
<p>5 BREAKFAST 4 LUNCH French Toast Sticks w/Sausage Turkey Club Wrap Tater Tots</p>	<p>6 TEX-MEX DAY! Meat or Bean Nacho Grande w/Rice Golden Sweet Corn Refried Beans</p>	<p>7 Hot Turkey & Gravy w/Bread Buffalo Wrap Steamed Broccoli Florets Mashed Potatoes w/Gravy Homemade Fruit Crisp</p>	<p>8 SOUP & SANDWICH DAY Toasted Cheese Sandwich Southwest Taco Salad w/Rice Hot Tomato Soup Fresh Cucumber Slices</p>	<p>9 Pizza Dunkers w/Marinara Sauce Italian Meatball Sub Carrot Coins</p>	
<p>12 Authentic North Carolina Pulled Pork Sandwich Italian Meatball Sub Oven Fries</p>	<p>13 TEX-MEX DAY! Meat or Bean Taco w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans</p>	<p>14 HIBACHI GRILL DAY! Sesame Chicken w/Rice Hot Dog on a Roll Steamed Broccoli Florets Cinnamon Applesauce Jello</p>	<p>15 Pasta w/Meatballs Pasta w/Marinara Sauce & Cheese Chicken Ranch Wrap Green Beans Fresh Pepper Strips</p>	<p>16 *NEW ENTREE: Buffalo Macaroni & Cheese w/Bread Crispy Fish Filet Sandwich Carrot Coins</p>	
<p>19  Presidents' Day</p>	<p>20 NO SCHOOL</p>		<p>21 Baked Mozzarella Sticks w/Pasta & Marinara Sauce BQ Pork Rib on a Bun Baked Beans</p>	<p>22 BREAKFAST 4 LUNCH French Toast Sticks w/Sausage Chicken Ranch Wrap Fresh Pepper Strips</p>	<p>23 Pizza Dunkers w/Marinara Sauce Italian Meatball Sub Carrot Coins</p>
<p>26 BREAKFAST 4 LUNCH Waffles w/Sausage Warm Buffalo Sub Carrot Coins Tater Tots</p>	<p>27 TEX-MEX DAY! Meat or Bean Walking Taco w/Rice Golden Sweet Corn Refried Beans</p>	<p>28 Hot 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!

