

SEPTEMBER

2017



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-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

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>FREE & REDUCED APPLICATION REMINDER: 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 CHANGED TO PAID STATUS IN OCTOBER.</p>		<p>Free & Reduced Applications are available on the district website or in the district offices.</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 Email: sblunt@gstbooces.org</p>	<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>
<p>4  Labor Day</p>	<p>5 CHECK OUT ALL OF THE WEEKLY & DAILY SPECIALS ON THE SIDE OF THE MENU!!</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 Fresh Baby Carrots</p>	<p>8 Assorted Pizza Crispy Fish Filet on a Roll Carrot Coins</p>
<p>11 French Toast Sticks w/Sausage Carrot Coins Tater Tots</p>	<p>12 Meat or Bean Nacho Grande w/Rice Golden Sweet Corn Refried Beans</p>	<p>13 Turkey & Gravy w/Bread Steamed Broccoli Florets Mashed Potatoes w/Gravy Homemade Fruit Crisp</p>	<p>14 Toasted Cheese Sandwich Hot Tomato Soup Fresh Cucumber Slices</p>	<p>15 Pizza Dunkers w/Marinara Sauce Carrot Coins</p>
<p>18 Authentic North Carolina Pulled Pork Sandwich Carrot Coins Oven Fries</p>	<p>19 Meat or Bean Taco w/Rice Golden Sweet Corn Refried Beans</p>	<p>20 Sesame Chicken w/Rice Steamed Broccoli Florets Cinnamon Applesauce Jello</p>	<p>21 Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Green Beans Fresh Pepper Strips</p>	<p>22 Assorted Pizza Crispy Fish Filet on a Roll Carrot Coins</p>
<p>25 Waffles w/Sausage Carrot Coins Tater Tots</p>	<p>26 Meat or Bean Walking Taco w/Rice Golden Sweet Corn Refried Beans</p>	<p>27 Hot Turkey & Gravy w/Bread Steamed Broccoli Florets Mashed Potatoes w/Gravy Homemade Fruit Crisp</p>	<p>28 Baked Mozzarella Sticks w/Pasta & Marinara Sauce Green Beans Fresh Cucumber Slices</p>	<p>29 Pizza Dunkers w/Marinara Sauce Carrot Coins</p>