

# SEPTEMBER

# 2017



# STEM ACADEMY

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**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.**

Free & Reduced Applications are available on the district website or in the district offices.

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)

**THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER**



**Labor Day**

**LUNCH PRICING**

Paid Lunch: \$2.35  
 Reduced Lunch: \$0.25

Tuna Salad Sub  
**1 Cup Fresh Broccoli w/Ranch**  
 1/2 Cup Diced Peaches  
 4 oz Fruit Juice  
 Low Fat Milk

Triple Decker PBJ Sandwich  
**1 Cup Cucumber Slices w/Ranch**  
**Fruity Jello w/Whipped Topping**  
 4 oz Fruit Juice  
 Low Fat Milk

Turkey & Cheese Deli Wrap  
 1/2 Cup Golden Sweet Corn  
 4 oz Sunset Sip Juice  
**Fresh Apple**  
 4 oz Fruit Juice  
 Low Fat Milk

11 Cheese Stick & Yogurt w/Chips  
 Whole Wheat Bread  
**1 Cup Fresh Baby Carrots w/Ranch**  
 Chilled Applesauce  
 4 oz Fruit Juice  
 Low Fat Milk

12 Chef Salad w/Bagel  
 1/2 Cup Garbanzo Beans  
 4 oz Sunset Sip Juice  
**Fresh Orange**  
 4 oz Fruit Juice  
 Low Fat Milk

13 Buffalo Wrap  
**1 Cup Fresh Broccoli w/Ranch**  
 1/2 Cup Diced Peaches  
 4 oz Fruit Juice  
 Low Fat Milk

14 Triple Decker PBJ Sandwich  
**1 Cup Cucumber Slices w/Ranch**  
**Homemade Fruit Crisp**  
 4 oz Fruit Juice  
 Low Fat Milk

15 Ham & Cheese Deli Wrap  
 1/2 Cup Golden Sweet Corn  
 4 oz Sunset Sip Juice  
**Fresh Apple**  
 4 oz Fruit Juice  
 Low Fat Milk

18 Cheesestick & Yogurt w/Muffin  
 Whole Wheat Bread  
**1 Cup Fresh Baby Carrots w/Ranch**  
 Chilled Applesauce  
 4 oz Fruit Juice  
 Low Fat Milk

19 Chicken Caesar Salad w/Bagel  
 1/2 Cup Garbanzo Beans  
 4 oz Sunset Sip Juice  
**Fresh Orange**  
 4 oz Fruit Juice  
 Low Fat Milk

20 Chicken Ranch Wrap  
**1 Cup Fresh Broccoli w/Ranch**  
 1/2 Cup Diced Peaches  
 4 oz Fruit Juice  
 Low Fat Milk

21 Triple Decker PBJ Sandwich  
**1 Cup Cucumber Slices w/Ranch**  
**Cinnamon Applesauce Jello**  
 4 oz Fruit Juice  
 Low Fat Milk

22 Turkey Club Wrap  
 1/2 Cup Golden Sweet Corn  
 4 oz Sunset Sip Juice  
**Fresh Apple**  
 4 oz Fruit Juice  
 Low Fat Milk

25 Cheese Stick & Yogurt w/Chips  
 Whole Wheat Bread  
**1 Cup Fresh Baby Carrots w/Ranch**  
 Chilled Applesauce  
 4 oz Fruit Juice  
 Low Fat Milk

26 Chef Salad w/Bagel  
 1/2 Cup Garbanzo Beans  
 4 oz Sunset Sip Juice  
**Fresh Orange**  
 4 oz Fruit Juice  
 Low Fat Milk

27 Egg Salad Sandwich  
**1 Cup Fresh Broccoli w/Ranch**  
 1/2 Cup Diced Peaches  
 4 oz Fruit Juice  
 Low Fat Milk

28 Triple Decker PBJ Sandwich  
**1 Cup Cucumber Slices w/Ranch**  
**Homemade Fruit Crisp**  
 4 oz Fruit Juice  
 Low Fat Milk

29 Ham & Cheese Deli Wrap  
 1/2 Cup Golden Sweet Corn  
 4 oz Sunset Sip Juice  
**Fresh Apple**  
 4 oz Fruit Juice  
 Low Fat Milk