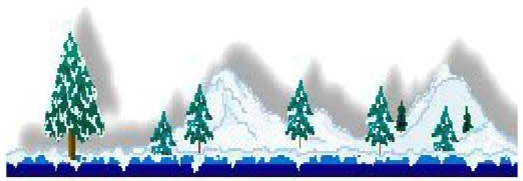


Jan 2018



GST BOCES P-TECH/STEM ACADEMY


Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>WINTER BREAK NO SCHOOL</p>	<p>2</p> <p>Chicken BLT Salad w/Bagel 1/2 Cup Garbanzo Beans 4 oz Sunset Sip Juice Fresh Orange 4 oz Fruit Juice Low Fat Milk</p>	<p>3</p> <p>Tuna Salad Sub 1 Cup Fresh Broccoli w/Ranch 1/2 Cup Peaches 4 oz Fruit Juice Low Fat Milk</p>	<p>4</p> <p>Triple Decker PBJ Sandwich 1 Cup Cucumber Slices w/Ranch Fruit Jello w/Whipped Topping 4 oz Fruit Juice Low Fat Milk</p>	<p>5</p> <p>Turkey & Cheese Wrap 1/2 Cup Golden Sweet Corn 4 oz Sunset Sip Juice Fresh Apple 4 oz Fruit Juice Low Fat Milk</p>
<p>8</p> <p>Cheese Stick & Yogurt w/Chips Whole Wheat Bread 1 Cup Fresh Baby Carrots w/Ranch 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>9</p> <p>Chef Salad w/Bagel 1/2 Cup Garbanzo Beans 4 oz Sunset Sip Juice Fresh Orange 4 oz Fruit Juice Low Fat Milk</p>	<p>10</p> <p>Buffalo Chicken Wrap 1 Cup Fresh Broccoli w/Ranch 1/2 Cup Peaches 4 oz Fruit Juice Low Fat Milk</p>	<p>11</p> <p>Triple Decker PBJ Sandwich 1 Cup Cucumber Slices w/Ranch Homemade Fruit Crisp 4 oz Fruit Juice Low Fat Milk</p>	<p>12</p> <p>Ham & Cheese Wrap 1/2 Cup Golden Sweet Corn 4 oz Sunset Sip Juice Fresh Apple 4 oz Fruit Juice Low Fat Milk</p>
<p>15</p> <p>Martin Luther King Day</p> 	<p>16</p> <p>Chicken Caesar Salad w/Bagel 1/2 Cup Garbanzo Beans 4 oz Sunset Sip Juice Fresh Orange 4 oz Fruit Juice Low Fat Milk</p>	<p>17</p> <p>Chicken Ranch Wrap 1 Cup Fresh Broccoli w/Ranch 1/2 Cup Peaches 4 oz Fruit Juice Low Fat Milk</p>	<p>18</p> <p>Triple Decker PBJ Sandwich 1 Cup Cucumber Slices w/Ranch Cinnamon Applesauce Jello 4 oz Fruit Juice Low Fat Milk</p>	<p>19</p> <p>Turkey Club Wrap 1/2 Cup Golden Sweet Corn 4 oz Sunset Sip Juice Fresh Apple 4 oz Fruit Juice Low Fat Milk</p>
<p>22</p> <p>Cheese Stick & Yogurt w/Chips Whole Wheat Bread 1 Cup Fresh Baby Carrots w/Ranch 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>23</p> <p>Chef Salad w/Bagel 1/2 Cup Garbanzo Beans 4 oz Sunset Sip Juice Fresh Orange 4 oz Fruit Juice Low Fat Milk</p>	<p>24</p> <p>Egg Salad Sandwich 1 Cup Fresh Broccoli w/Ranch 1/2 Cup Peaches 4 oz Fruit Juice Low Fat Milk</p>	<p>25</p> <p>Triple Decker PBJ Sandwich 1 Cup Cucumber Slices w/Ranch Homemade Fruit Crisp 4 oz Fruit Juice Low Fat Milk</p>	<p>26</p> <p>Ham & Cheese Wrap 1/2 Cup Golden Sweet Corn 4 oz Sunset Sip Juice Fresh Apple 4 oz Fruit Juice Low Fat Milk</p>
<p>29</p> <p>Cheese Stick & Yogurt w/Granola Bar Whole Wheat Bread 1 Cup Fresh Baby Carrots w/Ranch 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>30</p> <p>Chicken BLT Salad w/Bagel 1/2 Cup Garbanzo Beans 4 oz Sunset Sip Juice Fresh Orange 4 oz Fruit Juice Low Fat Milk</p>	<p>31</p> <p>Tuna Salad Sub 1 Cup Fresh Broccoli w/Ranch 1/2 Cup Peaches 4 oz Fruit Juice Low Fat Milk</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>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>