

# April 2018





## GST BOCES P-TECH/STEM ACADEMY

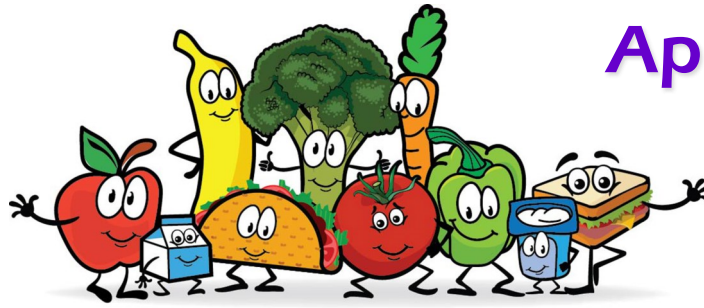
Tuesday

Wednesday

Thursday

Friday

<p>2 Baked Crispy Chicken Sandwich <b>1 Cup Fresh Baby Carrots w/Ranch</b> 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>3 Chicken BLT Salad w/Bagel 1/2 Cup Garbanzo Beans <b>Fresh Orange</b> 4 oz Fruit Juice Low Fat Milk</p>	<p>4 Baked Chicken Nuggets Whole Wheat Bread <b>1 Cup Fresh Broccoli w/Ranch</b> 1/2 Cup Diced Peaches 4 oz Fruit Juice Low Fat Milk</p>	<p>5 Triple Decker Sandwich <b>1 Cup Cucumber Slices w/Ranch</b> Fruity Jello w/Whipped Topping 4 oz Fruit Juice Low Fat Milk</p>	<p>6 Cheese Pizza 1/2 Cup Golden Sweet Corn <b>1/2 Cup Fresh Baby Carrots w/Ranch</b> <b>Fresh Apple</b> 4 oz Fruit Juice Low Fat Milk</p>
<p>9 Baked Crispy Chicken Sandwich <b>1 Cup Fresh Baby Carrots w/Ranch</b> 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>10 Chef Salad w/Bagel 1/2 Cup Garbanzo Beans <b>Fresh Orange</b> 4 oz Fruit Juice Low Fat Milk</p>	<p>11 Buffalo Wrap <b>1 Cup Fresh Broccoli w/Ranch</b> 1/2 Cup Diced Peaches 4 oz Fruit Juice Low Fat Milk</p>	<p>12 Ham &amp; Cheese Wrap <b>1 Cup Cucumber Slices w/Ranch</b> 1 Box of Raisins 4 oz Fruit Juice Low Fat Milk</p>	<p>13 Cheese Pizza 1/2 Cup Golden Sweet Corn <b>1/2 Cup Fresh Baby Carrots w/Ranch</b> <b>Fresh Apple</b> 4 oz Fruit Juice Low Fat Milk</p>
<p>16 Baked Crispy Chicken Sandwich <b>1 Cup Fresh Baby Carrots w/Ranch</b> 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p>17 Chicken Caesar Salad w/Bagel 1/2 Cup Garbanzo Beans <b>Fresh Orange</b> 4 oz Fruit Juice Low Fat Milk</p>	<p>18 Baked Chicken Nuggets Whole Wheat Bread <b>1 Cup Fresh Broccoli w/Ranch</b> 1/2 Cup Diced Peaches 4 oz Fruit Juice Low Fat Milk</p>	<p>19 Triple Decker Sandwich <b>1 Cup Cucumber Slices w/Ranch</b> Cinnamon Applesauce Jello 4 oz Fruit Juice Low Fat Milk</p>	<p>20 Cheese Pizza 1/2 Cup Golden Sweet Corn <b>1/2 Cup Fresh Baby Carrots w/Ranch</b> <b>Fresh Apple</b> 4 oz Fruit Juice Low Fat Milk</p>
	<p><b><u>SPRING BREAK</u></b> APRIL 23rd - APRIL 27th</p>			
<p>30 Baked Crispy Chicken Sandwich <b>1 Cup Fresh Baby Carrots w/Ranch</b> 1/2 Cup Chilled Applesauce 4 oz Fruit Juice Low Fat Milk</p>	<p><b><u>LUNCH PRICING</u></b> Paid Lunch: \$2.35 Reduced Lunch: \$0.25</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: <a href="mailto:sblunt@gstboces.org">sblunt@gstboces.org</a></p>	<p><b>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER &amp; PROVIDER</b></p>



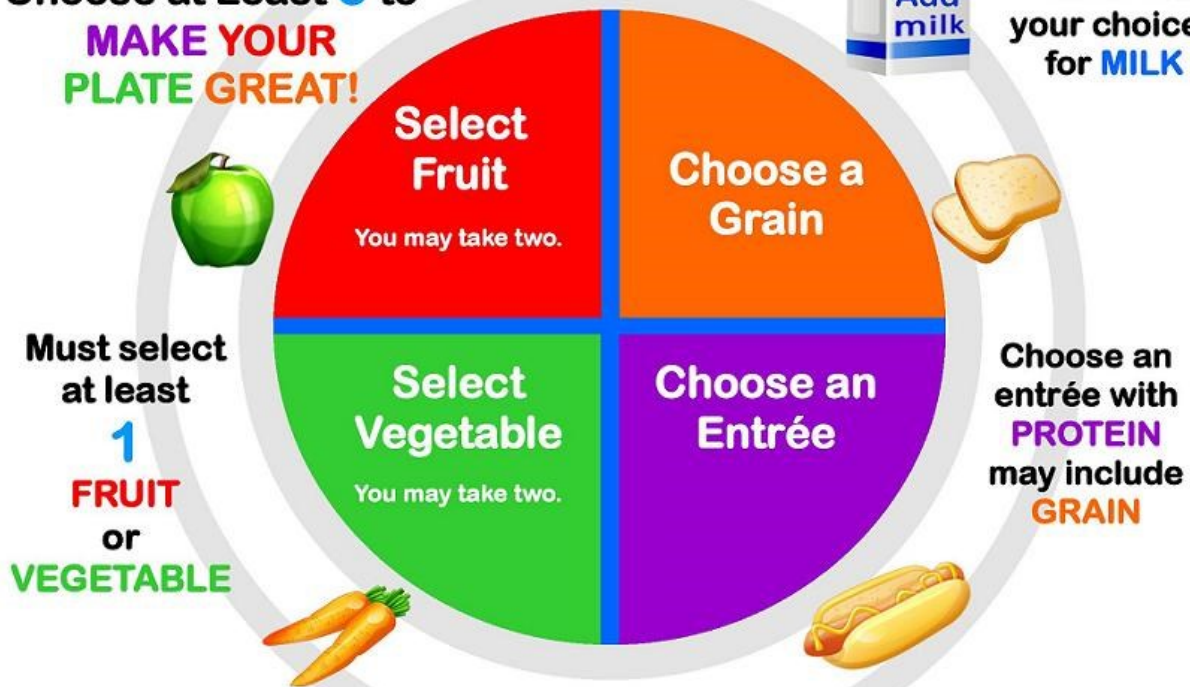
What is a healthy meal? Use this chart as your guide. All 5 components are offered every day in your school's lunch!

**5 Food Components Fill Your Plate...**

Choose at Least **3** to  
**MAKE YOUR**  
**PLATE GREAT!**



Check out  
your choices  
for **MILK**



**MAKE YOUR PLATE GREAT!**

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**REMEMBER:**

Free and Reduced applications are accepted all year long. Just visit your district website foodservice page to print one or contact your food service manager. If you have an existing application on file and there has been a change in income for your family, you may submit an updated application at any time.