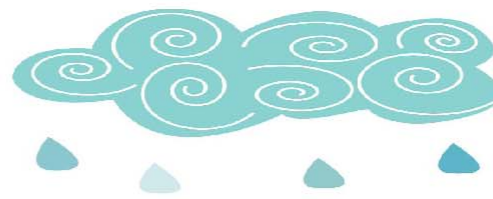
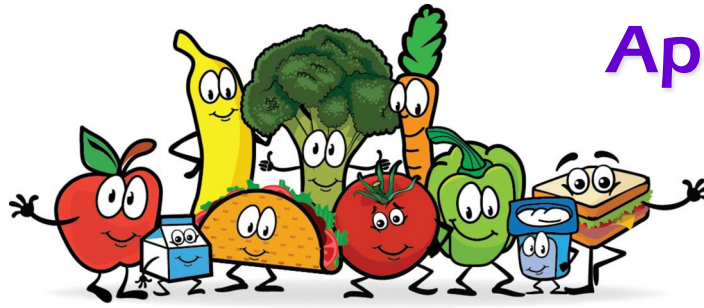


April 2018



WATKINS GLEN SCHOOL DISTRICT - GRADES PK-6th

	Monday	Tuesday	Wednesday	Thursday	Friday	
Available Daily PBJ Sandwich Chef Salad w/Bread Choice* Vegetarian Chef Salad w/Bread Choice* Yogurt & Cheese Stick w/Bread Choice* Ham & Cheese Sub Turkey & Cheese Sub MW/F: Cheese Pizza T/Th: Baked Chicken Nuggets w/Bread Tossed Salad Fresh Vegetables Fresh Fruit Fruit Cups 100% Fruit Juice Chilled Milk Bread Choice = Breadstick or Soft Pretzel	2 <p style="text-align: center;">NO SCHOOL</p>	3 TEX-MEX DAY! Meat or Bean Taco w/Rice Balck Beans Golden Sweet Corn	4 Herb Roasted Chicken w/Bread Choice Hot Dog on a Roll Steamed Broccoli Florets Homemade Fruit Crisp	5 Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Chicken BLT Salad w/Bread Choice Green Beans Fresh Pepper Strips	6 PIZZA CHOICE DAY! Pepperoni Pizza Garlic Pizza Carrot Coins	
PRICING: Grades K-6th \$2.00 Grades 7th-12th \$2.25 Reduced \$0.25 Breakfast \$1.20 Milk/Ala Carte Sides \$0.75 Snacks \$0.50-\$1.30	9 Philly Cheese Steak Sub Popcorn Chicken Bites w/Bread Carrot Coins Oven Fries	10 TEX-MEX DAY! Meat or Bean Nacho Grande w/Rice Refried Beans Golden Sweet Corn	11 SOUP & SANDWICH DAY! Toasted Cheese Sandwich BBQ Pork Rib on a Roll Steamed Broccoli Florets Hot Tomato Soup Fruity Jello w/Whipped Topping	12 Chicken Alfredo w/Bread Breakfast Sandwich Green Beans Fresh Cucumber Slices	13 Stuffed Crust Pizza Turkey Club Wrap Carrot Coins	
	16 Cheeseburger on a Roll Cheesy Veggie Burger on a Roll Hot Dog on a Roll Baked Beans Oven Fries	17 TEX-MEX DAY! Meat or Bean Taco w/Rice Black Beans Golden Sweet Corn	18 ASIAN RICE BOWL! Sesame Chicken w/Rice Italian Meatball Sub Steamed Broccoli Florets Cinnamon Applesauce Jello	19 Homemade Macaroni & Cheese w/Bread Chicken Caesar Salad w/Bread Choice Green Beans Fresh Baby Carrots	20 PIZZA CHOICE DAY! Pepperoni Pizza Buffalo Wing Pizza Carrot Coins	
BREAKFAST MENU MONDAY: UBR TUESDAY: French Toast Sticks WEDNESDAY: Breakfast on a Stick THURSDAY: Mini Pancakes or Waffles FRIDAY: Breakfast Sandwich or Wrap DAILY OPTIONS: Cinnamon Roll, Bagel, Godfish Graham, Cereal, Oatmeal, Muffin Top, Oatmeal Bar, Yogurt, Smoothies (7th-12th Only), Fruit, 100% Fruit Juice & Milk	23 	<div style="border: 1px solid black; padding: 10px;"> <h3 style="margin: 0;">SPRING BREAK</h3> <h2 style="margin: 0;">APRIL 23rd - APRIL 27th</h2> </div>			26 	27
	30 BBQ Pork Rib on a Roll Baked Crispy Chicken Sandwich Carrot Coins Oven Fries	<p style="text-align: center;">take time for</p> <h2 style="text-align: center; color: blue;">school BREAKFAST</h2>	PARENTS & STUDENTS Visit the Foodservice/Cafeteria link on your district website to view menus & much more!!	<p style="text-align: center;">THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>	<p>Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 535-3214 or Email: rocole@gstbores.org</p>	



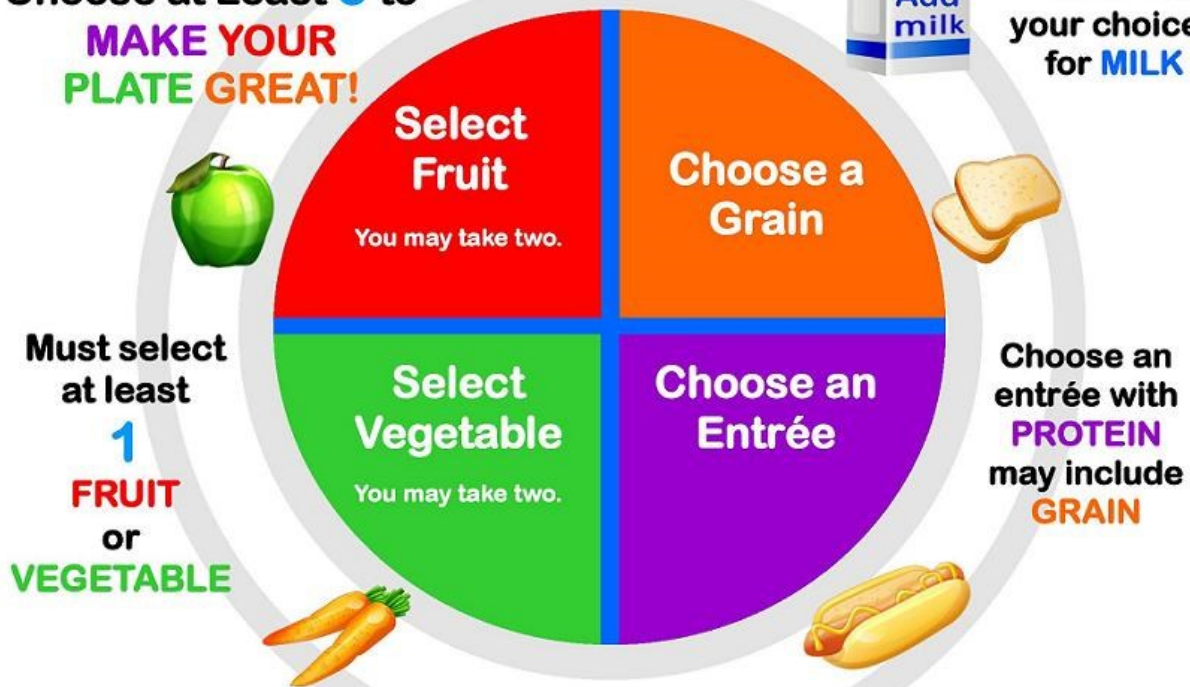
What is a healthy meal? Use this chart as your guide. All 5 components are offered every day in your school's lunch!

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!

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Multicultural Affairs, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9892 (TDD). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 854-1346 (hearing). USDA is an equal opportunity provider and employer.

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.