

♥ FEBRUARY ♥ 2019



WATKINS-GLEN HEADSTART & PRE-K

Monday

Tuesday

Wednesday

Thursday

Friday

Contact the FS Office if you have any questions, comments or concerns. We can be reached at 607-535-3214 or **Email:** rocole@gstboces.org or aoverhiser@gstboces.org

**ALL VEGGIES & FRUITS =
1/2 CUP SERVING**
AVAILABLE DAILY:
1% WHITE MILK
LUNCH PRICE = \$2.00

¹ Pizza Dunkers w/Marinara Sauce
Sliced Carrots
Fruit Choice
1% White Milk

⁴ **BREAKFAST 4 LUNCH!**
French Toast Sticks w/Sausage
Tater Tots
Fruit Choice
1% White Milk

⁵ Turkey Club Sub
Golden Sweet Corn
Fruit Choice
1% White Milk

⁶ Homemade Macaroni & Cheese w/Bread
Green Beans
Homemade Fruit Crisp
1% White Milk

⁷ **ASIAN RICE BOWL!**
Chicken & Orange Sauce w/Rice
Steamed Broccoli
Fruit Choice
1% White Milk

⁸ **PIZZA CHOICE DAY!**
Pepperoni Pizza
Cheese Pizza
Sliced Carrots
Fruit Choice
1% White Milk

¹¹ Italian Meatball Sub
Sliced Carrots
Fruit Choice
1% White Milk

¹² Cheese Pizza
Golden Sweet Corn
Fruit Choice
1% White Milk

¹³ Baked Crispy Chicken Sandwich
Green Beans
Fruit Choice
1% White Milk

¹⁴ **Happy Valentine's Day**
Cupid's Chicken Alfredo w/Bread
Steamed Broccoli
Red Applesauce Jello
1% White Milk

¹⁵ Pizza Dunkers w/Marinara Sauce
Sliced Carrots
Fruit Choice
1% White Milk



**MID-WINTER RECESS
FEBRUARY 18th-22nd**

²⁵ **BREAKFAST 4 LUNCH!**
Mini Pancakes w/Sausage
Tater Tots
Fruit Choice
1% White Milk

²⁶ **TEX-MEX DAY!**
Meat or Bean Nacho Grande w/Rice
Golden Sweet Corn
Fruit Choice
1% White Milk

²⁷ Pasta w/Meatsauce & Cheese
Pasta w/Marinara Sauce & Cheese
Green Beans
Homemade Fruit Crisp
1% White Milk

²⁸ Hot Dog on a Roll
Steamed Broccoli
Fruit Choice
1% White Milk

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



The Healthy Kids Lunchroom

FEBRUARY 2019



LEARN EASIER



Researchers studied 1200 elementary school kids who were given lunches with more whole grains, fruits, and vegetables and found "significant increases in math scores." Eating healthier helps make learning easier for kids!



Did you know school meals include whole grains?

LIVE HEALTHIER

You don't have to eat a TON of fruits and vegetables to get to the recommended 2 cups of fruit and 2.5 cups of vegetables per day. One small apple equals about a cup. Same for a large banana, 8 large strawberries, 12 baby carrots, a large ear of corn, 24 large grapes, 10 broccoli florets, or a medium potato. In the course of a day, we should be able to eat WAY MORE than the recommendation, and that would be WAY HEALTHIER!



Did you know school breakfast and lunch includes up to five daily 1/2 cup servings of fruit and vegetables?

Just one of the reasons we continue to be a great value!

