

♥ FEBRUARY ♥ 2018




WATKINS GLEN SCHOOL DISTRICT - GRADES 7th-12th

Available Daily:
 PBJ Sandwich
 Chef Salad w/Bread Choice
 Vegetarian Chef Salad w/Bread Choice
 Yogurt w/Bread Choice
 Fruit & Yogurt Parfait w/Bread Choice
M/W/F: Baked Crispy Chicken Sandwich
T/TH: Baked Chicken Nuggets w/Bread
 Asst. Deli Subs & Wraps
 Asst. Pizza
Tossed Salad
Fresh Vegetables
Fresh Fruit
 Fruit Cups
 100% Fruit Juice
 Chilled Milk
Bread Choice = Breadstick or Soft Pretzel

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Need to S-T-R-E-T-C-H your food dollars? See if you qualify for free/reduced price breakfast & lunch? Household of 2 weekly gross income under \$570 Household of 3 weekly gross income under \$718 Household of 4 weekly gross income under \$865 <u>Call your FS Office to apply</u></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@gstbooces.org</p>	<p>¹ Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Chicken BLT Salad w/Bread Choice Green Beans Fresh Baby Carrots</p>	<p>² Grilled Chicken Sandwich Crispy Fish Filet Sandwich Carrot Coins</p>
<p>⁵ Philly Cheese Steak Sub Popcorn Chicken Bites w/Bread Carrot Coins Oven Fries</p>	<p>⁶ TEX-MEX DAY Meat or Bean Nacho Grande w/Rice Refried Beans Golden Sweet Corn</p>	<p>⁷ Toasted Cheese Sandwich BBQ Pork Rib on a Roll Steamed Broccoli Florets Hot Tomato Soup Homemade Fruit Crisp</p>	<p>⁸ Chicken Alfredo w/Bread Breakfast Sandwich Green Beans Fresh Cucumber Slices</p>	<p>⁹ Stuffed Crust Pizza Turkey Club Wrap Carrot Coins</p>
<p>¹² BREAKFAST FOR LUNCH French Toast Sticks w/Sausage Buffalo Wrap Carrot Coins Tator Tots</p>	<p>¹³ TEX-MEX DAY Meat or Bean Taco w/Rice Refried Beans Golden Sweet Corn</p>	<p>¹⁴ Valentine's Day Lunch Sweetheart Sesame Chicken w/Rice Loves So Cheesy Italian Meatball Sub Steamed Broccoli Florets Red Heart Applesauce Jello</p>	<p>¹⁵ Homemade Macaroni & Cheese w/Bread Chicken Caesar Salad w/Bread Choice Green Beans Fresh Pepper Strips</p>	<p>¹⁶ Pizza Dunkers w/Marinara Sauce Carrot Coins</p>
<p>¹⁹  Presidents' Day</p>	<p>²⁰ NO SCHOOL</p>		<p>²¹ Cheeseburger on a Roll Cheesy Veggie Burger on a Roll Hot Dog on a Roll Oven Fries</p>	<p>²² Chili w/Breadstick Turkey, Ham & Cheese Sub Green Beans</p>
<p>²⁶ Authentic North Carolina Pulled Pork Sandwich Chicken Philly Sub Carrot Coins Roasted Potatoes</p>	<p>²⁷ TEX-MEX DAY Chicken Soft Taco w/Rice Refried Beans Golden Sweet Corn</p>	<p>²⁸ Turkey & Gravy w/Bread Tuna Salad Sandwich Steamed Broccoli Florets Mashed Potatoes w/Gravy Homemade Fruit Crisp</p>	<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>	



The Healthy Kids Lunchroom

FEBRUARY 2018



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!

