

April 2018



WATKINS GLEN SCHOOL DISTRICT - GRADES 7th-12th

Monday

Tuesday

Wednesday

Thursday

Friday

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

MW/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

2
NO SCHOOL

9
NEW ENTREE:
Homestyle Crispy Chicken Tenders w/Rice
Philly Cheese Steak Sub
Carrot Coins
Oven Fries

16
Cheeseburger on a Roll
Cheesy Veggie Burger on a Roll
Hot Dog on a Roll
Baked Beans
Oven Fries

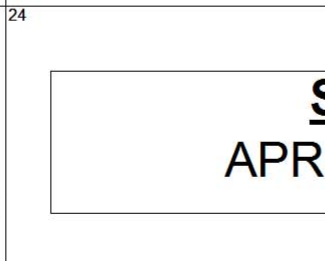


30
Authentic North Carolina Pulled Pork Sandwich
Chicken Philly Sub
Carrot Coins
Oven Fries

3
TEX-MEX DAY!
Meat or Bean Taco w/Rice
Black Beans
Golden Sweet Corn

10
TEX-MEX DAY!
Meat or Bean Nacho Grande w/Rice
Refried Beans
Golden Sweet Corn

17
TEX-MEX DAY!
Meat or Bean Taco w/Rice
Black Beans
Golden Sweet Corn



4
Herb Roasted Chicken w/Bread Choice
Hot Dog on a Roll
Steamed Broccoli Florets
Homemade Fruit Crisp

11
SOUP & SANDWICH DAY!
Toasted Cheese Sandwich
BBQ Pork Rib on a Roll
Steamed Broccoli Florets
Hot Tomato Soup
Fruity Jello w/Whipped Topping

18
ASIAN RICE BOWL!
Sesame Chicken w/Rice
Italian Meatball Sub
Steamed Broccoli Florets
Cinnamon Applesauce Jello

25
PARENTS & STUDENTS
Visit the Foodservice/Cafeteria link on your district website to view menus & much more!!

THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER

5
Pasta w/Meatsauce & Cheese
Pasta w/Marinara Sauce & Cheese
Chicken BLT Salad w/Bread Choice
Green Beans
Fresh Pepper Strips

12
Chicken Alfredo w/Bread
Breakfast Sandwich
Green Beans
Fresh Cucumber Slices

19
Homemade Macaroni & Cheese w/Bread
Chicken Caesar Salad w/Bread Choice
Green Beans
Fresh Baby Carrots



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6
Grilled Chicken Sandwich
Crispy Fish Filet Sandwich
Carrot Coins

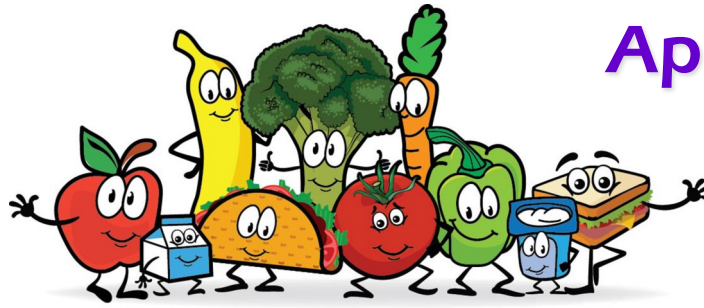
13
BURRITO BAR DAY!
Made to Order Burrito or Rice Bowls
Carrot Coins

20
BBQ Baked Chicken w/Bread Choice
Crispy Fish Filet Sandwich
Carrot Coins



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





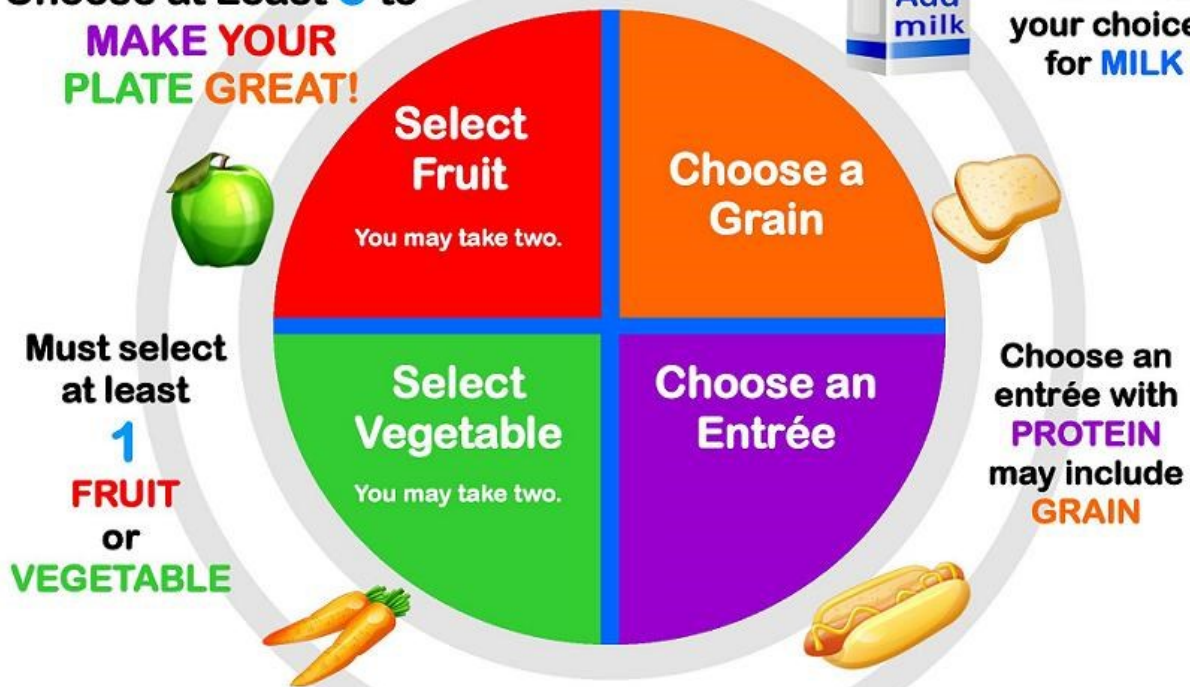
What is a healthy meal? Use this chart as your guide. All 5 components are offered every day in your school's lunch!

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.