

DECEMBER 2017



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>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>Smart Choices</p>	<p>POWER UP WITH SCHOOL BREAKFAST!! Check out the Breakfast Menu on the district website or contact the food service office to have one sent home with</p>		<p>1 Grilled Chicken Sandwich Crispy Fish Filet on a Roll Carrot Coins</p>
<p>4 Philly Cheese Steak Sub Popcorn Chicken Bites w/Bread Carrot Coins Oven Fries</p>	<p>5 TEX-MEX DAY Meat or Bean Nacho Grande w/Rice Refried Beans Golden Sweet Corn</p>	<p>6 Toasted Cheese Sandwich BBQ Pork Rib on a Roll Steamed Broccoli Florets Hot Tomato Soup Homemade Fruit Crisp</p>	<p>7 Chicken Alfredo w/Bread Breakfast Sandwich Green Beans Fresh Cucumber Slices</p>	<p>8 Stuffed Crust Pizza Turkey Club Wrap Carrot Coins</p>
<p>11 Cheeseburger on a Roll Cheesy Veggie Burger on a Roll Hot Dog on a Roll Carrot Coins Oven Fries</p>	<p>12 TEX-MEX DAY Meat or Bean Taco w/Rice Refried Beans Golden Sweet Corn</p>	<p>13 Sesame Chicken w/Rice Italian Meatball Sub Steamed Broccoli Florets Cinnamon Applesauce Jello</p>	<p>14 Homemade Macaroni & Cheese w/Bread Chicken Caesar Salad w/Bread Choice Green Beans Fresh Pepper Strips</p>	<p>15 BURRITO BAR DAY Made to order Burrito or Rice Bowl</p>
<p>18 Authentic North Carolina Pulled Pork Sandwich Chicken Philly Sub Carrot Coins Oven Fries</p>	<p>19 TEX-MEX DAY Chicken Soft Taco w/Rice Refried Beans Golden Sweet Corn</p>	<p>20 Holiday Luncheon Oven Roasted Turkey Homemade Stuffing Mashed Potatoes w/Gravy Green Beans Steamed Broccoli Florets Cranberry Sauce Homemade Fruit Crisp</p>	<p>21 Baked Mozzarella Sticks w/Pasta & Marinara Sauce Chicken Ranch Wrap Green Beans Fresh Cucumber Slices</p>	<p>22 EARLY DISMISSAL Grab-N-Go Lunch Turkey & Cheese Sandwich w/Fresh Veggies, Fruit & Milk OR PBJ Sandwich w/Fresh Veggies, Fruit & Milk</p>
<p>25 HAPPY HOLIDAYS</p>	<p>26 WINTER BREAK DEC 25th - JAN 1st</p>		<p>28</p>	<p>29 SEE YOU NEXT YEAR! Students Return: January 2nd, 2018</p>
<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 Call your FS Office to apply</p>		<p>Free & Reduced Applications are available on the district website or in the</p>	<p>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER</p>	