





WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU

FEBRUARY 2010

JE A ELEM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 1 Cereal, Milk, Juice LUNCH Chicken Patty on a bun Potato wedges, Fruit, Milk	Breakfast 2 Bagel, Juice, Milk  Groundhog Day LUNCH Beef & Mozzarella Rollups tater tots, vegetable Fruit, Milk	Breakfast 3 Cereal, Milk Juice LUNCH Honey Mustard Chicken Wrap Corn, Fruit, Milk	Breakfast 4 Roll, Juice, Milk LUNCH Macaroni & Cheese Small roll, green beans, Fruit, Milk	Breakfast 5 Cereal, Juice, Milk SUPER BOWL LUNCH  Sloppy Joe sliders, Baked Fries, Fruit, Mixed vegetables, Milk
Breakfast 8 Cereal, Milk, Juice LUNCH Hamburger on bun Baked Fries, Fruit, Milk	Breakfast 9 Bagel, Milk, Juice  Chinese New Year LUNCH Chicken Tenders w/sweet & sour dipping sauce, small roll, Vegetable, Fruit Milk	Breakfast 10 Roll, Milk Juice LUNCH Ham* & Cheese on a Waffle, Mixed Vegetables, Fruit, Milk	Breakfast 11 Cereal Milk Juice LUNCH Taco's Taco meat, cheese, salsa, corn, Fruit, Milk	Breakfast 12 Roll, Milk Juice LUNCH Pizza Garden Salad, Fruit, Milk
15 Mid Winter Recess Schools Closed	16 Mid Winter Recess Schools Closed	17 Mid Winter Recess Schools Closed	18 Mid Winter Recess Schools Closed	19 Mid Winter Recess Schools Closed
Breakfast 22 Cereal, Milk Juice LUNCH Cheeseburger on a bun Carrots Fruit Milk	Breakfast 23 Bagel, Milk, Juice LUNCH Hot dog on a bun, Vegetarian beans, Fruit, Milk	Breakfast 24 Roll, Milk, Juice OLYMPIC LUNCH Chicken "Rings" Tater tots, carrots, Fruit, Milk	Breakfast 25 Cereal Milk Juice LUNCH Sliced Turkey w/gravy, mashed potatoes, Carrots, Fruit, Milk	Breakfast 26 Roll, Juice, Milk LUNCH Pizza Salad, Fruit, Milk
* Contains Pork Special diets require prescription		Daily Breakfast Alternates include: CEREAL, ROLL or BAGEL	Choice of: Low Fat, skim, Strawberry or Chocolate Milk Daily	

CELEBRATE WITH US!!!



Ground Hog Day Feb 2 Beef & Mozzarella Rollup – HOT POCKET...Ground beef, mozzarella and pizza sauce served in a wrap.



Super Bowl 44 Feb 5th Sloppy Joe served on slider buns




Chinese New Year Feb 9th Chicken tenders served with sweet & sour dipping sauce





2010 Winter Olympics Feb 22nd Onion "RINGS"
Feb 24th Chicken "RINGS"

SMALL CHANGES MAKE A BIG DIFFERENCE!


Eating for a healthy heart

Reduce Fat  contained in foods such as meat, milk, cheese and butter

Reduce calories  Maintain a healthy weight. Increase fruits & vegetables, decrease sweets & high fat snacks

Reduce Salt intake  Avoid canned foods when possible. Avoid adding salt to foods.

Eat more fiber  Increase fruits, vegetables and grains in your diet

Eat a variety of foods  Choose a variety of foods from the food groups. Use the food guide pyramid as a guide.

	Breakfast	Lunch
Secondary	\$1.60	\$2.35
Reduced	\$.25	\$.25
Elementary	\$1.60	\$2.30

