






WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU

FEBRUARY 2010

JE A JR/SR MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| Breakfast 1 Cereal, Milk, Juice LUNCH Turkey Burger 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 Sliced Turkey w/gravy, mashed potatoes, Carrots, Fruit, Milk | Breakfast 5 Cereal, Juice, Milk SUPER BOWL LUNCH  Sloppy Joe sliders, Baked Fries Fruit 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, veggie, Fruit, Milk | Breakfast 10 Roll, Milk, Juice LUNCH Hot Dogs on a bun Baked Fries, Fruit, Milk | Breakfast 11 Cereal, Milk, Juice LUNCH Taco's taco meat, cheese, salsa, corn, Fruit, Milk | Breakfast 12 Roll, Milk Juice  Valentine's Day LUNCH Chix Caesar Salad w/heart shaped croutons, 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 OLYMPIC LUNCH Cheeseburger Onion RINGS, Carrots Fruit Milk | Breakfast 23 Bagel, Milk, Juice LUNCH Chicken Fajita wrap, Mixed vegetables, Fruit, Milk | Breakfast 24 Roll, Milk, Juice LUNCH Baked Rotini 4 mozzarella sticks Green beans, Fruit, Milk | Breakfast 25 Cereal Milk Juice OLYMPIC LUNCH Chicken "Rings" Tater tots, 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!!!


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


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


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



Feb 12th Valentine's Day
Caesar Salad topped with popcorn chicken and heart shaped croutons.



The Olympics
Winter Olympics
Feb 22nd
Onion "RINGS"
Feb 25th
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

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 |

