




WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU

FEBRUARY 2010

IEA ALTERNATIVE SCHOOL 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 LUNCH Mozzarella sticks, Small roll, tater tots, vegetable Fruit, Milk	Breakfast 3 Cereal, Milk Juice LUNCH Chicken Fajita Wrap Corn, Fruit, Milk	Breakfast 4 Roll, Juice, Milk LUNCH Baked chicken, mashed potatoes, Carrots, Fruit, Milk	Breakfast 5 Cereal, Juice, Milk SUPER BOWL LUNCH  Chicken tenders w/BBQ and blue cheese dipping sauce, 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, Vegetable, Fruit Milk	Breakfast 10 Roll, Milk Juice LUNCH Meatball hero, Baked Fries, Fruit, Milk	Breakfast 11 Cereal Milk Juice LUNCH Taco's taco meat, cheese, salsa, corn, Fruit, Milk	Breakfast 12 Roll, Milk Juice LUNCH Pizza, 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 OLYMPIC LUNCH Cheeseburger Onion RINGS, Carrots Fruit Milk	Breakfast 23 Bagel, Milk, Juice LUNCH Honey Mustard Chicken Wrap Fruit, Milk	Breakfast 24 Roll, Milk, Juice LUNCH Chicken RINGS Tater tots, carrots, Fruit, Milk	Breakfast 25 Cereal Milk Juice LUNCH Philly Cheesesteak Baked Fries 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!!!

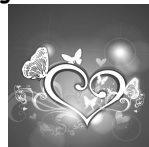

Feb 5th
Super Bowl 44
Chicken tenders served with a side of BBQ and Blue cheese dipping sauce



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



The Olympics
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

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

