

**WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU**

# JUNE 2010



**JEAL ALTERNATIVE SCHOOL MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Breakfast 1</b> Cereal, Juice, Milk <b>LUNCH</b> Hot Ham* & Cheese on a bagel, Potato wedges, Carrots, Fruit, Milk	<b>Breakfast 2</b> Cereal, Juice, Milk <b>LUNCH</b> Meatball Hero Vegetable, Fruit, Milk	<b>Breakfast 3</b> Roll, Milk Juice <b>LUNCH</b> Chicken Patty on a bun, Mixed vegetables, Fruit, Milk	<b>Breakfast 4</b> Bagel, Juice, Milk <b>LUNCH</b> Pizza Garden Salad, Fruit, Milk
<b>Breakfast 7</b> Cereal, Juice Milk <b>LUNCH</b> Hot Ham* & Cheese on a Bagel, Mixed Vegetables, Fruit, Milk	<b>Breakfast 8</b> Roll, Juice, Milk <b>LUNCH</b> Chicken nuggets small roll, Vegetable, Fruit, Milk	<b>Breakfast 9</b> Bagel, Milk, Juice <b>LUNCH</b> Popcorn Chicken On Cesar Salad, Vegetable, Fruit, Milk	<b>Breakfast 10</b> Roll, Juice, Milk <b>LUNCH</b> Turkey BLT Hero Potato wedges, Carrots, Fruit, Milk	<b>Breakfast 11</b> Bagel, Juice, Milk <b>LUNCH</b> Pizza Garden Salad, Fruit, Milk
<b>Breakfast 14</b> Cereal, Milk, Juice <b>LUNCH</b> Grilled BBQ Chicken on a bun Vegetable, Fruit, Milk	<b>Breakfast 15</b> Roll, Milk Juice <b>LUNCH</b> Mozzarella Sticks Small roll, vegetable, Fruit, Milk	<b>Breakfast 16</b> Bagel Milk Juice <b>LUNCH</b> Chicken Fajita Corn, Fruit, Milk	<b>Breakfast 17</b> Roll, Milk, Juice <b>LUNCH</b> Hot Ham* & Cheese on a Bagel, Mixed Vegetables, Fruit, Milk	<b>Breakfast 18</b> Cereal, Milk, Juice <b>LUNCH</b> Pizza Salad, Fruit, Milk
<b>Breakfast 21</b> Cereal, Milk, Juice <b>LUNCH</b> Cook's Choice	<b>Breakfast 22</b> Bagel, Milk, Juice <b>LUNCH</b> Cook's Choice	<b>Breakfast 23</b> Cereal, Milk, Juice <b>LUNCH</b> Cook's Choice	<b>Breakfast 24</b> Cereal Milk Juice $\frac{1}{2}$ DAY NO LUNCH	<b>Breakfast 25</b> Cereal Milk Juice $\frac{1}{2}$ DAY NO LUNCH
		* Contains Pork Special diets require prescription	Choice of: Low Fat, skim, Strawberry or Chocolate Milk Daily	Daily Breakfast Alternates include: <b>CEREAL, ROLL or BAGEL</b>

**SUMMER EXERCISE**  
As the temperature rises, so does the risk of heat exhaustion. Here are a few tips for your summer workout:



**DON'T SKIP THE WARM UP**  
Stretch or walk and drink fluids before your workout  
**WEAR LIGHT COLORS**  
Select clothes that are made to keep moisture away from the skin. Avoid cotton.  
**SELECT SHADY LOCATIONS**  
The shade will keep you cooler  
**KEEP HYDRATED**  
Drink before, during and after exercise.  
**HAVE A WONDERFUL SUMMER!**

**SMALL CHANGES MAKE A BIG DIFFERENCE!**  
**SUMMER NUTRITION**

The summer is a wonderful time to visit your local farmers market. Find a local market and take advantage of the many varieties they have to offer. Make it a fun summer family outing. Pack up the family and pick fresh fruits and vegetables together. Why not try a new variety? Look for a fruits & vegetables in the colors of the rainbow and make a nutritious summer salad.



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



**WHEN COOKING OUTDOORS ALWAYS** practice food safety when cooking outdoors. Remember to always defrost meat, poultry and fish in the refrigerator before bringing it out to be cooked. **NEVER** use a marinade after it has been used with raw meat, poultry or fish. The following minimal temperature must be reached when cooking: **Poultry..165° F Pork.. 145° Fish.. 145° F Ground meat... 145°F** When serving cheese or mayonnaise-based cold salads, keep them chilled (40° F or below) until it's time to eat.

**REMEMBER:** Protein foods can spoil very easily when left to sit at room temperature. **Discard** food that has been out for more than four hours.



