

WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU

JUNE 2010



JE A JR/Sr SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Alternates: Mon Turkey Tues Bologna Wed Pizza Thurs Ham Fri Am Cheese	Breakfast 1 Cereal, Juice, Milk LUNCH Hot Dog on bun Vegetarian beans Fruit, Milk	Breakfast 2 Cereal, Juice, Milk LUNCH Turkey BLT Hero Potato wedges, Carrots, Fruit, Milk	Breakfast 3 Roll, Milk Juice LUNCH Sloppy Joe on a bun Potato wedges, Fruit, Milk	Breakfast 4 Bagel, Juice, Milk LUNCH Pizza Garden Salad, Fruit, Milk
Breakfast 7 Cereal, Juice Milk LUNCH Chicken Patty on bun Mixed Vegetable, Fruit, Milk	Breakfast 8 Roll, Juice, Milk LUNCH Ham* & Cheese on a Waffle, Mixed Vegetables, Fruit, Milk	Breakfast 9 Bagel, Milk, Juice LUNCH Honey Mustard Chicken on pita, Vegetable, Fruit, Milk	Breakfast 10 Roll, Juice, Milk LUNCH Turkey BLT Hero Potato wedges, Carrots, Fruit, Milk	Breakfast 11 Cereal, Juice, Milk LUNCH Pizza Garden Salad, Fruit, Milk
Breakfast 14 Cereal, Milk, Juice LUNCH Hot dog on a bun Vegetarian beans, Fruit, Milk	Breakfast 15 Roll, Milk Juice LUNCH Turkey Salad on roll Mashed sweet potatoes, Carrots, Fruit, Milk	Breakfast 16 Bagel, Milk Juice LUNCH Chicken Patty on a bun, Mixed vegetables, Fruit, Milk	Breakfast 17 Roll, Milk, Juice LUNCH Hot Ham* & Cheese on a bagel, Potato wedges, Carrots, Fruit, Milk	Breakfast 18 Cereal, Milk, Juice LUNCH Pizza Salad, Fruit, Milk
Breakfast 21 Cereal, Milk, Juice LUNCH Cook's Choice	Breakfast 22 Bagel, Milk, Juice LUNCH Cook's Choice	Breakfast 23 Cereal, Milk, Juice LUNCH Cook's Choice	Breakfast 24 Cereal Milk Juice ½ DAY NO LUNCH	Breakfast 25 Cereal Milk Juice ½ DAY NO LUNCH
		* Contains Pork Special diets require prescription	Choice of: Low Fat, skim, Strawberry or Chocolate Milk Daily	Daily Breakfast Alternates include: CEREAL, ROLL or BAGEL

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.

