

WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU

MARCH 2010

JE A ELEM MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| Breakfast 1 Cereal, Milk, Juice LUNCH Hot dog on a bun Vegetarian Beans, Fruit, Milk | Breakfast 2 Bagel, Juice, Milk Dr Seuss Birthday LUNCH ABC Chicken Nugget, small roll, Carrots, Fruit, Milk | Breakfast 3 Cereal, Milk Juice LUNCH Turkey Ranch Bagel Mixed vegetables, Fruit, Milk | Breakfast 4 Roll, Milk Juice LUNCH Homemade Macaroni & Cheese Small roll, green beans, Fruit, Milk | Breakfast 5 Bagel, Juice, Milk LUNCH Pizza Garden Salad, Fruit, Milk |
| 3/8/10-3/12/10 | NATIONAL | SCHOOL | BREAKFAST | WEEK |
| Breakfast 8 Waffles w/syrup, Juice, Milk LUNCH Hamburger on bun Baked Fries, Fruit, Milk | Breakfast 9 Yogurt & fruit bar Milk LUNCH Ham* & Cheese on a Waffle, Mixed Vegetables, Fruit, Milk | Breakfast 10 Scrambled eggs on a roll, Milk, Juice LUNCH Meatball Hero Tater Tots, Fruit, Milk | Breakfast 11 French toast sticks syrup, Juice, Milk LUNCH Hot dog on a bun, Vegetarian beans, Fruit, Milk | Breakfast 12 Apple Cinnamon Wrap Milk LUNCH Pizza Garden Salad, Fruit, Milk |
| Breakfast 15 Cereal, Milk, Juice LUNCH Chicken Patty on bun Vegetable, Fruit, Milk | Breakfast 16 Roll, Milk Juice LUNCH Homemade Meatloaf Mashed Potatoes, Mixed veggies, Fruit, Milk | Breakfast 17 Bagel, Milk Juice LUNCH Hot dog on a bun, Vegetarian beans, Fruit, Milk SHAMROCK COOKIE | Breakfast 18 Cereal, Milk, Juice LUNCH Sliced Turkey w/gravy, mashed potatoes, Carrots, Fruit, Milk | Breakfast 19 Roll, Milk, Juice LUNCH Sloppy Joe sliders, Baked Fries, Fruit, Milk |
| Breakfast 22 Cereal, Milk, Juice LUNCH Hamburger on a bun Carrots Fruit Milk | Breakfast 23 Bagel, Milk, Juice LUNCH Baked Rotini, 4 mozzarella sticks Vegetable Fruit Milk | Breakfast 24 Roll, Milk, Juice LUNCH Rice & Beans small roll, Mixed Vegs, Fruit, Milk | Breakfast 25 Cereal Milk Juice LUNCH Beef & Mozzarella Rollups Vegetable Fruit Milk | Breakfast 26 Roll, Juice, Milk LUNCH Pizza Salad, Fruit, Milk |
| 29 SPRING RECESS Schools Closed * Contains Pork | 30 SPRING RECESS Schools Closed | 31 SPRING RECESS Schools Closed | Choice of: Low Fat, skim, Strawberry or Chocolate Milk Daily Special diets require prescription | Daily Breakfast Alternates include: CEREAL, ROLL or BAGEL |

THE COMPONENTS OF A SCHOOL BREAKFAST

EACH BREAKFAST INCLUDES:



MILK

Skim, lowfat white, lowfat chocolate, lowfat strawberry

FRUIT/FRUIT JUICE



WHOLE GRAINS BREAD



AND/OR MEAT



MEAT ALTERNATE



SMALL CHANGES MAKE A BIG DIFFERENCE!

“DOWNSIZE” PORTIONS Supersizing meals at fast food restaurants may give you more for your money but unfortunately it also gives you more calories, saturated fats and trans fats. Keep this in mind the next time you are deciding whether or not to SUPERSIZE your meal. The following is a look at how switching to a smaller portion can make a dramatic difference in the fat and calorie content:

BEFORE

32 oz. McDonald's Chocolate Triple Thick Shake
1150 calories 22 grams saturated fat

McDonald's Super Size French Fries
610 calories 5 grams saturated fat

Burger King Original Double Whopper with Cheese
1150 calories 30 grams saturated fat

AFTER

12 oz. McDonald's Chocolate Triple Thick Shake
430 calories 8 grams saturated fat

McDonald's Small French Fries
210 calories 1.5 grams saturated fat

Burger King Cheeseburger
360 calories 8 grams saturated fat



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