

WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU

MARCH 2010

JE A JR/Sr SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 1 Cereal, Milk, Juice LUNCH Hot dog on a bun Vegetarian Beans, Fruit, Milk	Breakfast 2 Bagel, Juice, Milk LUNCH Chicken Fajita Wrap Mixed vegetables, Fruit, Milk	Breakfast 3 Cereal, Milk Juice LUNCH Homemade Macaroni & Cheese Small roll, green beans, Fruit, Milk	Breakfast 4 Roll, Milk Juice LUNCH Sliced Turkey w/gravy, mashed potatoes, Carrots, 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 w/choice of fruit, Milk LUNCH Ham* & Cheese on a Waffle, Mixed Vegetables, Fruit, Milk	Breakfast 10 Scrambled eggs on a roll, Milk, Juice LUNCH 6 Mozzarella Stix tomato sauce Small roll, Fruit, Milk	Breakfast 11 Cinn French Toast, 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 Roll, Milk Juice LUNCH "Shamrock" Chicken Nuggets Carrots, Fruit, Milk SHAMROCK COOKIE	Breakfast 18 Roll, 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 Hot dog on a bun Carrots Fruit Milk	Breakfast 23 Bagel, Milk, Juice LUNCH Honey Mustard Chicken on pita Green beans, Fruit, Milk	Breakfast 24 Roll, Milk, Juice LUNCH Meatball Hero, Mixed vegetables, Fruit, Milk	Breakfast 25 Cereal Milk Juice LUNCH Tacos Grande Salsa, cheese, Taco Scoops, Corn, Fruit, Milk	Breakfast 26 Roll, Juice, Milk LUNCH Pizza Salad, Fruit, Milk
29 SPRING RECESS SCHOOLS CLOSED * Contains Pork Special diets require prescription	30 SPRING RECESS SCHOOLS CLOSED	31 SPRING RECESS SCHOOLS CLOSED	Choice of: Low Fat, skim, Strawberry or Chocolate Milk Daily	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

