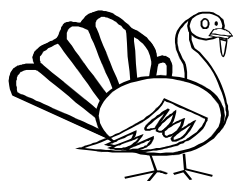
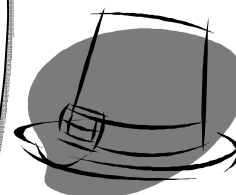


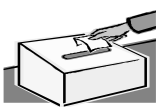




WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU



NOVEMBER 2010



James E Allen JR/SR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 1 Cereal, Milk, Juice LUNCH Turkey Burger on bun, Potato wedges , Veggie, Fruit, Milk	ELECTION DAY 2  SCHOOL CLOSED	Breakfast 3 Yogurt, Fruit cup, Milk LUNCH Chicken Fajita Wrap, Carrots, Fruit Milk	Breakfast 4 Waffles, Milk, Juice LUNCH Chix Cordon Bleu (w/Ham* & Swiss) Corn, Fruit, Milk	Breakfast 5 Cereal, Juice, Milk LUNCH Pizza, Tossed Salad, Fruit, Milk
Breakfast 8 Cereal, Milk, Juice LUNCH Hamburger on a bun Potato wedges, Orange , Sliced carrots, Milk	Breakfast 9 French Toast, Juice, Milk LUNCH Macaroni & Cheese (made with ww pasta) Green beans, Fruit, Milk	Breakfast 10 Bagel, Fruit, Milk LUNCH Hot Ham & Cheese on a Waffle* Chopped broccoli, Fruit, Milk	11 VETERANS DAY  SCHOOL CLOSED	Breakfast 12 Cereal, Juice, Milk LUNCH Pizza, Tossed Salad, Fruit, Milk
Breakfast 15 Cereal, Milk, Juice LUNCH Hot dog w/cheese Vegetarian baked beans, Fruit, Milk	Breakfast 16 Roll, Milk, Apple LUNCH Sloppy Joe on a bun, Brown rice w/mixed vegetables Chilled Fruit, Milk	Breakfast 17 Oatmeal Milk Juice LUNCH Chicken Tenders Dipping sauce, small Roll, Sliced Zucchini strawberry Puree , Milk	Breakfast 18 Cereal Milk Juice LUNCH Meatloaf w/gravy Mashed potatoes, Mixed vegetables Fruit, Milk	Breakfast 19 Roll, Milk Juice LUNCH Bagel Pizza Tossed salad, Fruit, Milk
Breakfast 22 Cereal Milk Juice LUNCH Chix Patty Parm on bun, Potato wedges , Fruit Milk	Breakfast 23 Bagel Milk, Banana LUNCH Turkey & Gravy Mashed potatoes, small wheat roll , Fruit, Veggie, Milk	Breakfast 24 French Toast Syrup, Milk Juice LUNCH Pizza Tossed Salad, Fruit, Milk	25 Happy Thanksgiving!  SCHOOL CLOSED	26 Happy Thanksgiving!  SCHOOL CLOSED
Breakfast 29 Cereal Milk Juice LUNCH Chicken Tenders, small roll, Potato rounds , Fruit, Milk	Breakfast 30 Blueberry muffin Milk, Juice LUNCH Twin Tacos, w/salsa lettuce, & cheese, Mixed Vegetables Fruit Milk	Lunch Alternates: Mon Turkey Tues Ham Wed Bologna Thurs Turkey Fri Am Cheese	Daily Breakfast Alternates include: CEREAL, ROLL or BAGEL Special diets require prescription * Contains Pork	Choice of: Low Fat, skim, Strawberry or Chocolate Milk Daily 

NOVEMBER IS AMERICAN DIABETES MONTH

- Factors:
- Family History
 - Age - 45 or older
 - Race/Ethnicity- incr risks for Hispanic, blacks, Native Americans & Asians
 - Being Overweight
 - High Blood Pressure
 - Abnormal Cholesterol Levels
 - Gestational Diabetes

PREVENTION OF TYPE 2 DIABETES

Certain risk factors can't be changed but a healthy lifestyle can help.



EXERCISE MORE - at least 30 minutes per day (with MD approval).



Eat a diet rich in lean meats, fish, fruits & vegetables. Increase whole grains.

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

WELLNESS..... EASY AS A, B, C!

E EXERCISE - Don't forgo exercise adjust your routine even if it's only for 5 or 10 minutes at a time. Walk, run, jump rope or ride your bike. Get the most out of the time you have. The rewards of regular physical activity from preventing chronic health conditions to promoting weight loss and better sleep are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Exercise can improve your life.

F FIBER - Most Americans only get about 10 grams of fiber a day. That's not nearly enough. You need **30 to 40 grams of fiber a day** for good health. Eating high fiber foods can help you reduce your risk of high cholesterol, high blood sugar, obesity, colon cancer, diabetes and heart disease. That's a lot of benefits!!

G GRAINS - Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.