





WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU



FEBRUARY 2012



IEA Alternative School MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>FEBRUARY IS AMERICAN HEART MONTH</p> 	<p>Daily Lunch Alternates includes DELI SANDWICH</p>	<p>Breakfast 1 Breakfast CHICKEN PATTY on a roll, Juice, Milk LUNCH Turkey BLT* Onion rings, vegetable, Fruit, Milk</p>	<p>Breakfast 2 Cereal, Milk, Juice LUNCH Chicken Tenders w/dipping sauce Small roll, Fruit Vegetable, Milk</p>	<p>Breakfast 3 Roll, Juice, Milk LUNCH PIZZA Salad, Fruit, Milk</p>	<p>SNACK HEALTHY!! TRY OUR  CHOOSE SENSIBLY SNACK CHOICES</p>
<p>Breakfast 6 Cereal, Milk, Juice LUNCH Hot dog on bun w/cheese Baked Fries, Fruit, Vegetable, Milk</p>	<p>Breakfast 7 Eggs & Cheese, Milk, Juice LUNCH TACOS Ground beef, salsa, cheese in a taco, Corn, Fruit, Milk</p>	<p>Breakfast 8 Roll, Milk Juice LUNCH Mozzarella sticks Small roll Vegetable, Fruit, Milk</p>	<p>Breakfast 9 Cereal Milk Juice LUNCH Hot sliced Turkey w/gravy Mashed potatoes, vegetable, Fruit, Milk</p>	<p>Breakfast 10 Eggs & cheese on a roll, Milk, Juice LUNCH PIZZA Salad, Fruit, Milk</p>	<p>CHOOSE SENSIBLY GUIDELINES Fat 7 g or less Saturated Fat 2 gr or less Sugar 15 g or less Sodium 360 mg. or less</p>
<p>Breakfast 13 Cereal, Milk Juice LUNCH Chicken Patty on a bun Baked fries, Fruit, Milk</p>	<p>Breakfast 14 Egg & Cheese on bun, Milk, Juice LUNCH Chicken Tenders w/dipping sauce Small roll, Mixed vegetables, Fruit, Milk</p>	<p>Breakfast 15 Roll, Milk, Juice LUNCH TACOS Ground beef, salsa, cheese in a taco, Corn, Fruit, Milk</p>	<p>Breakfast 16 Eggs on a roll, Milk Juice LUNCH Chicken Fajita Wrap Onion rings, Vegetable, Fruit, Milk</p>	<p>Breakfast 17 Bagel, Juice, Milk LUNCH PIZZA Salad, Fruit, Milk</p>	 MILK CHOICE Low Fat, Skim or Chocolate Milk Daily
<p>20 Mid Winter Recess Schools Closed</p>	<p>21 Mid Winter Recess Schools Closed</p>	<p>22 Mid Winter Recess Schools Closed</p>	<p>23 Mid Winter Recess Schools Closed</p>	<p>24 Mid Winter Recess Schools Closed</p>	<p>LUNCH PRICES Secondary \$2.45 Elementary \$2.40 Reduced .25</p>
<p>Breakfast 27 Bagel, Milk Juice LUNCH Chicken Fingers w/dipping sauce, Onion rings, Vegetable, Fruit, Milk</p>	<p>Breakfast 27 Cereal, Milk Juice LUNCH Mozzarella sticks Side of pasta Vegetable, Fruit, Milk</p>	<p>Breakfast 29 Eggs & cheese on a roll, Milk, Juice LUNCH Chicken Cordon Bleu* Vegetable, Fruit, Milk</p>	<p>Choice of: Low Fat, skim, Strawberry or Chocolate Milk Daily </p>	<p>Daily Breakfast Alternates include: CEREAL, ROLL or BAGEL * Contains Pork</p>	<p>BREAKFAST PRICES Elementary \$1.60 Secondary \$1.60 Reduced .25</p>

CHOOSE A VARIETY OF PROTEIN - include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats are high in fat & sodium so choose those occasionally. Try dishes made with beans or peas, nuts, soy, and seafood. Substitute seafood for meat or poultry twice a week. Choose lean or low-fat cuts of meat. Trim or drain fat from meat and remove poultry skin. One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want. Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products, nuts & seeds which are all naturally low in saturated fat and high in fiber. Try grilling, broiling, roasting, or baking; which doesn't add extra fat. Avoid breading meat or poultry, which adds calories.