

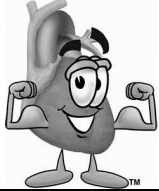




WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU



FEBRUARY 2012



James E Allen JR/SR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>FEBRUARY IS AMERICAN HEART MONTH</p> 	<p>Lunch Alternates: Mon Ham* Tues Turkey Wed Ham* Thurs Turkey Fri Am Cheese</p>	<p>Breakfast 1 Cereal, Milk, Juice LUNCH Chicken Tenders w/dipping sauce Small roll, Fruit Vegetable, Milk</p>	<p>Breakfast 2 Waffles, syrup Juice, Milk LUNCH PIZZA Salad, Fruit, Milk</p>	<p>Breakfast 3 Roll, Juice, Milk SUPERBOWL CELEBRATION LUNCH Sports Shaped Chicken Nuggets Baked fries, Fruit, Milk</p>	<p>SNACK HEALTHY!! TRY OUR</p>  <p>CHOOSE SENSIBLY SNACK CHOICES</p>
<p>Breakfast 6 Cereal, Milk, Juice LUNCH Chicken Patty on bun Baked Fries, Fruit, Vegetable, Milk</p>	<p>Breakfast 7 Waffles, Milk, Juice LUNCH Baked Ziti Side salad, garlic bread, Fruit, Milk</p>	<p>Breakfast 8 Roll, Milk Juice LUNCH Chicken Fajita Sliced Carrots Fruit, Milk</p>	<p>Breakfast 9 Cereal Milk Juice LUNCH HOMEMADE Meatloaf Mashed potatoes, gravy, 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 Hot Dog on a bun Vegetarian beans Fruit, Milk</p>	<p>Breakfast 14 Egg & Cheese on bun, Milk, Juice LUNCH VALENTINE'S DAY Heart shaped chicken nuggets w/dipping sauce Mixed vegetables Fruit, Milk</p> 	<p>Breakfast 15 Roll, Milk, Juice LUNCH HOMEMADE MACARONI & CHEESE Small Roll, side salad, Fruit, Milk</p>	<p>Breakfast 16 French Toast, Milk Juice LUNCH TACOS Ground beef, salsa, cheese in a taco, Corn, Fruit, Milk</p>	<p>Breakfast 17 Bagel, Juice, Milk LUNCH PIZZA Salad, Fruit, Milk</p>	 <p>MILK CHOICE Low Fat, Skim or Chocolate Milk Daily</p>
<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 Hot Dog on a bun Vegetarian Beans Fruit, Milk</p>	<p>Breakfast 27 Cereal, Milk Juice LUNCH Chicken Fingers w/dipping sauce, Onion rings, Vegetable, Fruit, Milk</p>	<p>Breakfast 29 Eggs & cheese on a roll, Milk, Juice LUNCH Mozzarella sticks Pasta side, 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.