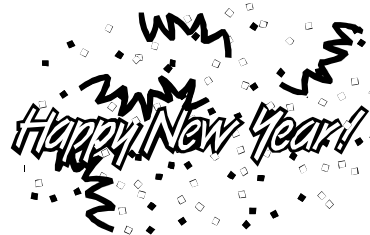
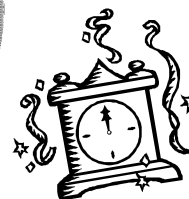


WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU



JANUARY 2012



JEA Alternative School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Breakfast 3 Bagel, Juice, Milk LUNCH Chicken Tenders Small roll, dipping sauce, Mixed veggies Fruit, Milk	Breakfast 4 Cereal, Milk Juice LUNCH Cheeseburger w/bacon* on bun, Corn, Fruit, Milk	Breakfast 5 Roll, Juice, Milk LUNCH Chicken Fajita Wrap Carrots, Chilled Fruit, Milk	Breakfast 6 Cereal, Juice, Milk LUNCH Pizza, Tossed Salad, Fruit, Milk	SNACK HEALTHY!! TRY OUR CHOOSE SENSIBLY SNACK CHOICES
Breakfast 9 Cereal, Milk, Juice LUNCH Cheeseburger w/bacon* on bun, Baked Fries, Fruit, Milk	Breakfast 10 Bacon* & Eggs on a roll, Milk, Juice LUNCH Honey Mustard Chicken Wrap, Vegetable, Fruit Milk	Breakfast 11 Roll, Milk Juice LUNCH Sliced turkey w/gravy Small roll, Mashed potatoes, Fruit, Milk	Breakfast 12 Cereal Milk Juice LUNCH Baked Chicken Small Roll, Vegetable, Fruit, Milk	Breakfast 13 Waffles Milk Juice LUNCH Pizza Tossed salad, Fruit, Milk	CHOOSE SENSIBLY GUIDELINES Fat 7 g or less Saturated Fat 2 gr or less Sugar 15 g or less Sodium 360 mg. or less
16 SCHOOL CLOSED 	Breakfast 17 Bagel Milk Juice LUNCH Chix Tenders Dipping sauce, Small roll, Tater tots, Fruit, Milk	Breakfast 18 Roll, Milk Juice LUNCH Baked Chicken Small Roll, Vegetable, Fruit, Milk	Breakfast 19 Bacon* & Eggs on a roll, Milk, Juice LUNCH Meatball Hero Tater Tots Fruit, Milk	Breakfast 20 Roll, Milk Juice LUNCH Pizza Tossed salad, Fruit, Milk	 MILK CHOICE Low Fat, Skim or Chocolate Milk Daily
Breakfast 23 Cereal, Milk Juice LUNCH Chinese New Year CHICKEN TERIYAKI Chix tenders w/ side of teriyaki sauce, Veg fried rice, Fruit, Milk	Breakfast 24 Bagel, Milk, Juice LUNCH Mozzarella Sticks Small roll Vegetable, Fruit, Milk	Breakfast 25 Bacon* & Eggs on a roll, Milk, Juice LUNCH Baked Chicken Small roll, Carrots, Fruit, Milk	Breakfast 26 Bagel Milk Juice LUNCH Tacos Grande Taco meat w/salsa cheese, taco scoops, Corn, Fruit, Milk	Breakfast 27 Waffles w/syrup Juice, Milk LUNCH Pizza Tossed Salad Fruit, Milk	LUNCH PRICES Secondary \$2.45 Elementary \$2.40 Reduced .25
Breakfast 30 Cereal Juice Milk LUNCH Cheeseburger on bun, baked fries, Fruit, Milk	Breakfast 31 Bagel, Milk, Juice LUNCH Honey Mustard Chicken Wrap, Vegetable, Fruit Milk	Daily Breakfast Alternates include: CEREAL, ROLL or BAGEL * Contains Pork	Lunch Alternate includes: Deli Sandwich Special diets require prescription		BREAKFAST PRICES Elementary \$1.60 Secondary \$1.60 Reduced .25

Got your dairy today? The Dairy Group includes milk, yogurt, cheese & soy milk. They provide calcium, vitamin D, potassium, protein & other nutrients needed for good health. Choices should be low-fat or fat-free—to cut calories and saturated fat. Substitute plain yogurt for sour cream, use fat-free evaporated milk instead of cream; ricotta cheese as a substitute for cream cheese. If you are lactose intolerant, try lactose-free milk or try to drink smaller amounts of milk at a time. Dairy foods are important to build the growing bones of kids and teens. Include low-fat or fat-free dairy foods with meals and snacks. If you currently drink whole milk, gradually switch to lower fat versions. Almost all milk and many yogurts are fortified with vitamin D. Use fat-free or low-fat milk on cereal and oatmeal and top baked potatoes with low-fat yogurt instead of sour cream. Cheeses can be high in saturated fat so look for “reduced-fat” or “low-fat” on the label. Regular cream cheese, cream, and butter **are not** part of the dairy food group. They are high in saturated fat and have little or no calcium. What counts as a cup in the Dairy Group? 1 cup of milk or yogurt, 1½ ounces of natural cheese or 2 ounces of processed cheese.