

WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU



JANUARY 2012



Brennan HS MS Menu

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

Got your dairy today? The Dairy Group includes milk, yogurt, cheese & soymilk. 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.