

Western Suffolk BOCES




March 2009



Prepaid breakfast and Lunch tickets available

Breakfast and Lunch Alternative School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
March 2 - March 9 IS	NATIONAL	SCHOOL	BREAKFAST	WEEK
(2) Breakfast Juice, Bagel, Milk Lunch Hot Dogs (2) on a roll, Vegetarian Beans, Pears, Milk.	(3) Breakfast Juice, Waffles w/syrup, Milk Lunch Chicken Tenders Small wheat roll, Mixed Vegetables, Fruit Choice, Milk	(4) Breakfast Chilled fruit, Hot Oatmeal, small wheat roll, Milk Lunch BBQ Rib on a roll, Baked fries, Chilled Fruit, Milk	(5) Breakfast Pancake with syrup, Chilled Fruit, Juice, Lunch Chicken Cordon Bleu (Chicken Patty with Ham* and Swiss Cheese)	(6) Breakfast Hard boiled egg, small wheat roll, Fresh fruit, Milk Lunch Pizza, Tossed Salad, Chilled Fruit, Milk
(9) Breakfast Juice, Cereal (2), Milk Lunch Chicken Patty on a roll, , Chopped Broccoli, Chilled Applesauce, Milk	(10) Breakfast Juice, Roll, Milk Lunch Hot dogs on a roll, Vegetarian Beans, Chilled Fruit, Milk	(11) Breakfast Chilled fruit, Bagel, Milk Lunch Hot Turkey & Cheese on a bun, Sweet Potatoes, Fruit choice, Milk	(12) Breakfast Cereal (2), Juice, Milk Lunch (2) Tacos w/shredded cheese and salsa, Whole kernel corn, Fruit Choice, Milk	(13) Breakfast Roll, Juice, Milk Lunch Pizza, Garden Salad, Chilled Fruit, Milk
(16) Breakfast Juice, Cereal (2), Milk Lunch Hot dogs on a roll, Vegetarian Beans, Chilled Fruit, Milk	(17) Breakfast Juice, Roll, Milk Lunch Chicken Tenders Small wheat roll, Mixed Vegetables, Fruit Choice, Milk	(18) Breakfast Chilled fruit, Bagel, Milk Lunch BBQ Rib on a roll, Baked fries, Chilled Fruit, Milk	(19) Breakfast Chilled fruit, Bagel, Milk Lunch Chicken patty on a bun, Carrot slices, Chilled Fruit, Milk	(20) Breakfast Roll, Juice, Milk Lunch Pizza, Garden Salad, Chilled Fruit, Milk
(23) Breakfast Juice, Cereal (2), Milk Lunch Hot dogs on a roll, Vegetarian Beans, Chilled Fruit, Milk	(24) Breakfast Chilled Fruit, Roll, Milk Lunch Sloppy Joe on a bun, Sweet Peas, Chilled Peaches, Milk	(25) Breakfast Chilled Fruit, Bagel, Milk Lunch Hot Ham* and Cheese on a roll, Vegetable Pasta Salad, Chilled fruit, Milk	(26) Breakfast Juice, Roll, Milk Lunch (2)Tacos w/shredded cheese and salsa, Mixed Vegetables, Fruit Choice, Milk	(27) Breakfast Juice, Bagel, Milk Lunch Pizza, Garden Salad, Chilled Fruit, Milk
(30) Breakfast Juice, Roll, Milk Lunch Hot dogs on a roll, Vegetarian Beans, Chilled Fruit, Milk	(31) Breakfast Juice, Cereal (2), Milk Lunch Chicken Tenders Small wheat roll, Mixed Vegetables, Fruit Choice, Milk	Daily Lunch Alternates include: PIZZA or HAMBURGER or DELI SANDWICH CHOICE	 CHOICE OF: Lowfat, Skim, Strawberry or Chocolate Milk Daily	Breakfast Lunch Secondary \$1.60 \$2.25 Reduced \$.25 \$.25 Elementary \$1.60 \$2.20 • Contains Pork

WHAT ARE THE COMPONENTS

OF A SCHOOL BREAKFAST?

EACH BREAKFAST INCLUDES:



MILK – Skim, lowfat white, lowfat chocolate, lowfat strawberry



FRUIT/FRUIT JUICE



WHOLE GRAINS/BREAD



&/OR MEAT/MEAT ALTERNATE



Daily Breakfast Alternates

include:

CEREAL, ROLL

Or BAGEL

