



**WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU**



# MAY 2021



**JEA Alternative School MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>Breakfast 3</b> Muffin, Fruit, Milk, Juice</p> <p><b>LUNCH</b> Chicken Patty on a bun Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 4</b> Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p><b>LUNCH</b> Meatball Hero Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 5</b> French Toast sticks, syrup, Fruit, Milk, Juice</p> <p><b>LUNCH</b> Chicken Nuggets Dipping Sauce Small roll Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 6</b> Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p><b>LUNCH</b> Teriyaki Beef on a bun Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 7</b> Pancakes, syrup, Milk, Fruit, Juice</p> <p><b>LUNCH</b> Pizza Vegetable choice, Fruit choice, Milk</p>	<p><b>PRACTICE MINDFULNESS!</b> Why be mindful? It can help to regulate emotions, reduce stress, anxiety &amp; depression. When we are more present in our life it helps us to make better decisions, manage emotions &amp; be more present in our life.</p>
<p><b>Breakfast 10</b> Pancakes, syrup, Milk, Fruit, Juice</p> <p><b>LUNCH</b> Chicken Patty on a bun Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 11</b> Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p><b>LUNCH</b> Breaded Ravioli w/marinara sauce Small roll Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 12</b> Muffin, Fruit, Milk, Juice</p> <p><b>LUNCH</b> Meatball Hero Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 13</b> Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p><b>LUNCH</b> Chicken Nuggets Dipping sauce Small roll Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 14</b> French Toast sticks, syrup, Fruit, Milk, Juice</p> <p><b>LUNCH</b> Pizza Vegetable choice, Fruit choice, Milk</p>	<p><b>SUGGESTIONS FOR PRACTICING MINDFULNESS</b> <b>Use scented products</b> and take a moment to tune in to the smell <b>Do breathing exercises</b> - stop and take a few deep breaths</p>
<p><b>Breakfast 17</b> French Toast sticks, syrup, Fruit, Milk, Juice</p> <p><b>LUNCH</b> Korean BBQ Beef Vegetable fried rice Fruit choice, Milk</p>	<p><b>Breakfast 18</b> Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p><b>LUNCH</b> BBQ Baked Chicken Small roll Vegetable choice Fruit Choice, Milk</p>	<p><b>Breakfast 19</b> Muffin, Fruit, Milk, Juice</p> <p><b>LUNCH</b> Hamburger on bun Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 20</b> Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p><b>LUNCH</b> Srirachi Chicken Small roll Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 21</b> Pancakes, syrup, Fruit, Milk, Juice</p> <p><b>LUNCH</b> Pizza Vegetable choice, Fruit choice, Milk</p>	<p><b>Go for a walk</b> and take notice of all the different colors <b>Listen to a song</b> and notice how the song makes you feel. <b>Be aware of the moment</b> -stop and pay attention to your thoughts and breath <b>Buy a coloring book</b> and take a few mindful moments to relax as you color</p>
<p><b>Breakfast 24</b> Muffin, Fruit, Milk, Juice</p> <p><b>LUNCH</b> Chicken Patty on a bun Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 25</b> Pancakes, syrup, Fruit, Milk, Juice</p> <p><b>LUNCH</b> Meatball Hero Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 26</b> Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p><b>LUNCH</b> Tangerine Chicken Small roll Vegetable choice, Fruit choice, Milk</p>	<p><b>Breakfast 27</b> French Toast sticks, syrup, Fruit, Milk, Juice</p> <p><b>LUNCH</b> Breaded Ravioli w/marinara sauce Small roll Vegetable choice, Fruit choice, Milk</p>	<p><b>28</b> <b>Schools Closed</b></p> 	<p>* <b>Contains Pork</b> Special diets require Prescription</p> <p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER</p>
<p><b>31</b> <b>Schools Closed</b></p> 	<p><b>Breakfast Prices</b> Secondary \$1.95 Elementary \$1.95 Reduced .25</p> <p><b>Lunch Prices</b> Secondary \$3.00 Elementary \$2.95 Reduced .25</p>	<p>DAILY BREAKFAST ALTERNATE Whole wheat roll or Bagel</p> <p>DAILY LUNCH ALTERNATE DELI SANDWICH</p>	 <p>DAILY MILK CHOICE Lowfat, Skim Chocolate</p>		