

WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU



MAY 2021



JE A Elementary School MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Breakfast 3 Mini maple pancakes syrup, Fruit, Milk, Juice</p> <p>LUNCH Chicken Patty on a bun Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 4 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Mozzarella Sticks w/tomato sauce Small roll Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 5 Mini Confetti Pancakes, syrup, Milk, Fruit, Juice</p> <p>LUNCH Cinco De Mayo Shaped Chicken Nuggets Dipping Sauce Small roll Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 6 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Hamburger on bun Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 7 Scrambled eggs, hash brown, Fruit, Juice, Milk</p> <p>LUNCH Pizza Vegetable choice, Fruit choice, Milk</p>	<p>PRACTICE MINDFULNESS! Why be mindful? It can help to regulate emotions, reduce stress, anxiety & depression. When we are more present in our life it helps us to make better decisions, manage emotions & be more present in our life.</p>
<p>Breakfast 10 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Chicken Patty on a bun Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 11 Egg patty and cheese on a roll, Fruit, Milk, Juice</p> <p>LUNCH Breaded Ravioli w/marinara sauce Small roll Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 12 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Chicken Fingers Dipping sauce Small roll Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 13 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Hamburger on bun Vegetable choice Fruit choice, Milk</p>	<p>Breakfast 14 French toast sticks syrup, Fruit, Milk, Juice</p> <p>LUNCH Pizza Vegetable choice, Fruit choice, Milk</p>	<p>SUGGESTIONS FOR PRACTICING MINDFULNESS Use scented products and take a moment to tune in to the smell Do breathing exercises - stop and take a few deep breaths</p>
<p>Breakfast 17 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Korean BBQ Beef Vegetable fried rice Fruit choice, Milk</p>	<p>Breakfast 18 Scrambled eggs, hash brown, Fruit, Juice, Milk</p> <p>LUNCH Chicken Fingers Dipping Sauce Small roll Vegetable choice Fruit Choice, Milk</p>	<p>Breakfast 19 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Hamburger on bun Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 20 Mini maple pancakes syrup, Fruit, Milk, Juice</p> <p>LUNCH Chicken Patty on bun Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 21 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Pizza Vegetable choice, Fruit choice, Milk</p>	<p>Go for a walk and take notice of all the different colors Listen to a song and notice how the song makes you feel. Be aware of the moment -stop and pay attention to your thoughts and breath Buy a coloring book and take a few mindful moments to relax as you color</p>
<p>Breakfast 24 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Mozzarella Sticks w/tomato sauce Small roll, Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 25 Scrambled eggs, hash brown, Fruit, Juice, Milk</p> <p>LUNCH MIXED UP SHAPES Chicken Nuggets Dipping sauce Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 26 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Hamburger on bun Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 27 French Toast sticks, syrup, Fruit, Milk, Juice</p> <p>LUNCH Breaded Ravioli w/marinara sauce Small roll Vegetable choice, Fruit choice, Milk</p>	<p>28 Schools Closed</p>	<p>* Contains Pork Special diets require Prescription</p> <p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER</p>
<p>31 Schools Closed</p>	<p>Breakfast Prices Secondary \$1.95 Elementary \$1.95 Reduced .25</p> <p>Lunch Prices 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>		