




WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU



MAY 2021



JEA JRSR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Breakfast 3 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Hamburger on bun Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 4 Egg & cheese on a bun, Milk, Fruit, Juice</p> <p>LUNCH Chicken Parm Hero Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 5 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Cheese Quesadillas Salsa, Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 6 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Tangerine Chicken Small roll Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 7 French toast, syrup, Fruit, Milk, Juice</p> <p>LUNCH Bagel 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 bun Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 11 Cheese omelet on bun, Fruit, Milk, Juice</p> <p>LUNCH Mozzarella Sticks w/tomato 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 Meatball Hero Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 13 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Lasagna Rollup Small roll Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 14 French toast, syrup, Fruit, Milk, Juice</p> <p>LUNCH Bagel 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 Hamburger on bun Onion rings Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 18 Egg & cheese on a bun, Milk, Fruit, Juice</p> <p>LUNCH Chicken Corden Bleu Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 19 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 20 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Italian Combo Popcorn chicken & breaded ravioli Vegetable choice Fruit, Milk</p>	<p>Breakfast 21 French toast, syrup, Fruit, Milk, Juice</p> <p>LUNCH Bagel 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 Chicken sausage and egg on gun, Milk, Fruit, Juice</p> <p>LUNCH Korean BBQ beef on roll Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 26 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Cheese Quesadillas Salsa, Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 27 French toast, syrup, Fruit, Milk, Juice</p> <p>LUNCH Hamburger on bun 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><i>DAILY BREAKFAST ALTERNATE</i> Whole wheat roll or Bagel</p> <p><i>DAILY LUNCH ALTERNATE</i> DELI SANDWICH</p>	 <p>DAILY MILK CHOICE Lowfat, Skim Chocolate</p>	