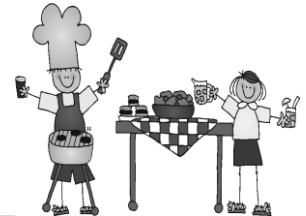


WESTERN SUFFOLK BOCES BREAKFAST & LUNCH MENU



MAY 2021



Manor Plains MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Breakfast 3 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Korean BBQ on bun Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 4 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Tangerine Chicken Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 5 French Toast sticks, syrup, Fruit, Milk, Juice</p> <p>LUNCH Chicken Fajita Wrap Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 6 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Popcorn chicken Small roll Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 7 Donut holes, Milk, Fruit, Juice</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 Fingers Small roll Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 11 French Toast sticks, syrup, Fruit, Milk, Juice</p> <p>LUNCH Meatball Hero Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 12 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Chicken Parmesan on a roll Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 13 Donut holes, Milk, Fruit, Juice</p> <p>LUNCH TACOS Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 14 Choice of cereal, roll or bagel and 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 Hamburger on bun Onion rings Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 18 Scrambled egg & cheese on a bun, Milk, Fruit, Juice</p> <p>LUNCH Cherry Blossom Chicken Vegetable fried rice, Fruit choice, Milk</p>	<p>Breakfast 19 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Mozzarella bites w/marinara 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 Beef Teriyaki Vegetable fried rice Vegetable choice Fruit, Milk</p>	<p>Breakfast 21 French Toast sticks, syrup, 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 Chicken Patty on a bun Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 25 Donut holes, Milk, Fruit, Juice</p> <p>LUNCH Korean BBQ on bun Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 26 Choice of cereal, roll or bagel and Fruit, Milk, Juice</p> <p>LUNCH Ham & Cheese on roll Hash browns Vegetable choice, Fruit choice, Milk</p>	<p>Breakfast 27 Scrambled egg & cheese on a bun, Milk, Fruit, Juice</p> <p>LUNCH Baked BBQ Chicken Small roll Vegetable choice Fruit, Milk</p>	<p>28</p> <p>Schools Closed</p>	<p>* Contains Pork Special diets require Prescription</p> <p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER</p>
<p>31</p> <p>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 Whole wheat roll or Bagel</i></p> <p><i>DAILY LUNCH ALTERNATE DELI SANDWICH</i></p>	<p>DAILY MILK CHOICE Lowfat, Skim Chocolate</p>		