

# Jan 2012



## Bradford Central School



### Available Daily

PB & Jelly Sandwich  
Fruit & Yogurt Parfait  
Fresh Chef Salad  
Fresh Tossed Salad  
Assorted Fruit Cups  
Assorted Fresh Fruit  
Assorted 100% Fruit Juice  
Assorted Chilled Milk

### PRICING:

Breakfast \$1.00  
Pre-K - 6th \$1.60  
Lunch  
7 - 12 Lunch \$1.70  
Adult Lunch \$3.35  
Reduced Meal .25  
Milk .65  
Ice Cream .65

### Daily Pizza Specials: 5-12 only

Mon: Pepperoni & Garlic  
Tues/Fri: Chicken Wing & Cheese  
Wed: Meatlovers & Cheese

### Sandwiches & Subs

Monday: Egg Salad Sandwich  
Tuesday: Turkey & Cheese Sub  
Wednesday: Tuna Salad Sub  
Thursday: Turkey Club Sub  
Friday: Ham & Cheese Sub

### Breakfast Menu

Mon: Breakfast Pizza  
Tues: Waffles  
Wed: French Toast  
Thurs: Waffles & Sausage  
Fri: Breakfast Pizza  
Available Daily: Assorted Bagel Sandwiches, Assorted Fresh Fruit, Cereal Bowls, Chilled Assorted Milk and 100% Fruit Juice

	Monday	Tuesday	Wednesday	Thursday	Friday
2	<p><b>NO SCHOOL</b></p>	<p>3</p> <p>Philly Cheese Steak Sub Turkey &amp; Cheese Deli Sub Fruit &amp; Yogurt Parfait Steamed Broccoli Florets</p>	<p>4</p> <p>Chicken Soft Taco Tuna Salad Deli Sub Seasoned Rice Fruity Jello w/Whipped Topping</p>	<p>5</p> <p>Assorted Pizza Turkey Club Sub Fruit &amp; Yogurt Parfait Fresh Crisp Celery Sticks</p>	<p>6</p> <p>Toasted Cheese Sandwich Ham &amp; Cheese Deli Sub Fruit &amp; Yogurt Parfait Hot Tomato Soup</p>
9	<p>9</p> <p>Crispy Chicken Nuggets Egg Salad Sandwich Fruit &amp; Yogurt Parfait Sweet Potato Fries</p>	<p>10</p> <p>Nacho Grande w/Meat or Beans Turkey &amp; Cheese Deli Sub Fruit &amp; Yogurt Parfait Refried Beans Seasoned Rice</p>	<p>11</p> <p>Hot Turkey &amp; Gravy Tuna Salad Deli Sub Fruit &amp; Yogurt Parfait Mashed Potatoes w/Gravy Homemade Fruit Crisp</p>	<p>12</p> <p>Assorted Pizza Turkey Club Sub Fruit &amp; Yogurt Parfait Fresh Baby Carrots</p>	<p>13</p> <p>Baked Mozzarella Sticks w/Pasta &amp; Sauce Ham &amp; Cheese Deli Sub Fruit &amp; Yogurt Parfait Golden Sweet Corn</p>
16	<p>16</p> <p><b>NO SCHOOL</b></p> <p>Martin Luther King Day</p> <p><i>I Have A Dream</i></p>	<p>17</p> <p>Crispy Chicken Patty Sandwich Egg Salad Sandwich Fruit &amp; Yogurt Parfait Tasty Tater Tots</p>	<p>18</p> <p>Toasted Cheese Sandwich Tuna Salad Deli Sub Fruit &amp; Yogurt Parfait Hot Tomato Soup</p>	<p>19</p> <p>Assorted Pizza Turkey Club Sub Fruit &amp; Yogurt Parfait Raw Cucumber Slices</p>	<p>20</p> <p>Homemade Macaroni &amp; Cheese Ham &amp; Cheese Deli Sub Fruit &amp; Yogurt Parfait Golden Sweet Corn Dinner Roll</p>
23	<p>23</p> <p>French Toast Sticks w/Sausage Egg Salad Sandwich Fruit &amp; Yogurt Parfait Crispy Golden Hash Brown</p>	<p>24</p> <p>Mexican Tacos w/Meat or Beans Turkey &amp; Cheese Deli Sub Fruit &amp; Yogurt Parfait Seasoned Rice Refried Beans</p>	<p>25</p> <p>Baked Mozzarella Sticks w/Pasta &amp; Sauce Tuna Salad Deli Sub Fruit &amp; Yogurt Parfait Homemade Fruit Crisp</p>	<p>26</p> <p>Assorted Pizza Southwest Taco Salad Turkey Club Sub Fruit &amp; Yogurt Parfait Crisp Carrot Sticks</p>	<p>27</p> <p>Philly Cheese Steak Sub Ham &amp; Cheese Deli Sub Fruit &amp; Yogurt Parfait Curly Q Fries</p>
30	<p>30</p> <p>Crispy Chicken Patty Sandwich Egg Salad Sandwich Fruit &amp; Yogurt Parfait Sweet Potato Fries</p>	<p>31</p> <p>Pasta w/Meatsauce or Marinara Sauce Turkey &amp; Cheese Deli Sub Fruit &amp; Yogurt Parfait Steamed Broccoli Florets Garlic Bread</p>	<p>Contact Us if you have any questions, comments or concerns. We can be reached at (607) 583-4616 ext. 271 or E-mail <a href="mailto:jmitchell@gstboces.org">jmitchell@gstboces.org</a> or <a href="mailto:pdrumm@gstboces.org">pdrumm@gstboces.org</a></p>	<p><b>NOTICE:</b> The menu is subject to change without advanced notice.</p>	<p><b>Resolve to Eat Healthy &amp; Be Active...All Year Long!!</b></p>

# THE HEALTHY KIDS LUNCHROOM



January, 2012

## HAPPY NEW YEAR

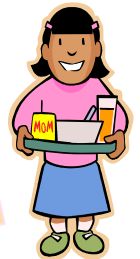
### New Food Service Website to Launch this Month

One of the goals of Food Service Management is to provide information to students and parents about school lunch. The menu backs have included nutritional tips and information each month. To expand on this idea, a new, improved food service webpage is being added to the district website. This website was designed to provide students, parents, and even teachers with the most current, up-to-date nutritional information. Other features of this website is a healthy choice gallery, which you can view entrees offered in the cafeteria. We also provide a visual under-



standing of what a complete breakfast and lunch meal consist of.

Finally, easy access to pre-payment plans and Free/Reduced applications continue to be one "click" away! Visit your district website's new and improved Food Service/Cafeteria page today!



### Why Is Breakfast Important?

A good breakfast has benefits beyond nutrition. Research proves that a healthy, balanced breakfast at the start of the school day improves a child's classroom performance and reduces the likelihood of behavioral problems. A healthy breakfast helps create a healthy student who is able to bring a focused mind and positive attitude into the classroom each morning. A child distracted by hunger cannot be expected to fully concentrate on learning. **Fuel up your child with a complete breakfast in the school cafeteria.**

### Visit your district website for more Food Service Information:

Learn about; PaySchools ~ see the Cafeteria Menu ~ Get your Free/Reduced Applications ~ Find Nutritional Information ~ Learn more about Healthy Kids Lunchroom.



### Had a change in income?

Free and Reduced Applications are accepted in the Food Service Office all year. Visit your district website to download an applications or contact your Food Service Manager and one will be sent home with your child.



Need an easy, convenient way of paying for your students lunch? Try Playschool online meal processing system at your district website.