

# January 2019

# ES-What's For Lunch Today?

Monday	Tuesday	Wednesday	Thursday	Friday
<p>M/ma=Meat/ Meat Alternative WG=Whole Grain WW=Whole Wheat RF=Reduced Fat FF=Fat Free RS=Reduced Sodium R/O=Red/Orange Veggie G=Dark Green Veggie B/P=Beans/Peas S=Starchy O=Other</p>	<p>1 <b>No School - Holiday Recess</b></p>	<p>2 No School - Holiday Recess</p>	<p>3 Breakfast Choices  5 WG Chicken Nuggets 1.5 oz. WW Roll 1.18 oz. 3/4 cup Veggie S/Fries B/P Baked Beans 3/4 cup Fresh Fruit or Pears</p>	<p>4 Breakfast Choices  WG/RF Cheese Pizza 2 oz. or WG/RF Buffalo Ckn Pizza 2 oz. or WG Chicken Patty 2 oz. or Fish Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>7 Breakfast Choices  WG Chicken Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie S/Potato &amp; Gravy R/O Carrots 3/4 cup Fresh Fruit or Peaches</p>	<p>8 Breakfast Choices  Beef Burger 2 oz. Cheese .5 oz. WW Roll 1.89 oz. 3/4 cup Veggie S/French Fries B/P Baked Beans 3/4 cup Fresh Fruit or Berry Mix</p>	<p>9 Breakfast Choices  Taco or Taco Salad 1 WW Soft Taco or RS Tortilla Chips Meat Sauce 2.5 oz. Cheese .5 oz. 1/4 cup WG Rice 3/4 cup Veggie G/Lettuce R/O Tomato S/Corn 3/4 cup Fresh Fruit or Applesauce</p>	<p>10 Breakfast Choices  Toasted Cheese Sandwich WW Bread &amp; Cheese 1 oz. 3/4 cup Veggie R/O Tomato Soup G/Green Beans 3/4 cup Fresh Fruit or Pears</p>	<p>11 Breakfast Choices  WG/RF Cheese Pizza 2 oz. or WG/RF Buffalo Ckn Pizza 2 oz. or WG Chicken Patty 2 oz. or Fish Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie G/Tossed Salad G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>14 Breakfast Choices  5 WG Chicken Nuggets 1.5 oz. WW Roll 1.18 oz. 1/4 cup Mac &amp; Cheese 3/4 cup Veggie R/O Carrots 3/4 cup Fresh Fruit or Berry Mix</p>	<p>15 Breakfast Choices  Sub Sandwich WW Roll 1.79 oz. Mixed Meat 1.5 oz. Cheese .5 oz. 3/4 cup Veggie O/Green Beans G /Lettuce R/O Tomato 3/4 cup Fresh Fruit or Mandarin Oranges</p>	<p>16 Breakfast Choices  Italian Dunkers 1 WW Bread Stick 2 RF Mozz. Sticks 3/4 cup Veggie R/O Sauce 2 oz. G/Tossed Salad 3/4 cup Fresh Fruit or Pears</p>	<p>17 Breakfast Choices  9 WG Popcorn Chicken 1.5 oz. WW Roll 1.18 oz. 3/4 cup Veggie S/Fries B/P Baked Beans 3/4 cup Fresh Fruit or Pineapple</p>	<p>18 Breakfast Choices  WG/RF Cheese Pizza 2 oz. or WG/RF Buffalo Ckn Pizza 2 oz. or WG Chicken Patty 2 oz. or Fish Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie G/Tossed Salad G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>21  No School - Martin Luther King, Jr. Holiday</p>	<p>22 Breakfast Choices  Brunch For Lunch 3 WG French Toast Sticks 2 oz. Sausage Patty 1.2 oz. Syrup 3/4 cup Veggie S/Hash Browns R/O Carrots 3/4 cup Fresh Fruit or Applesauce</p>	<p>23 Breakfast Choices  Taco or Taco Salad 1 WW Soft Taco or RS Tortilla Chips Meat Sauce 2.5 oz. Cheese .5 oz. 1/4 cup WG Rice 3/4 cup Veggie G/Lettuce R/O Tomato S/Corn 3/4 cup Fresh Fruit or Mixed Fruit</p>	<p>24 Breakfast Choices  Beef Burger 2 oz. Cheese .5 oz. WW Roll 1.89 oz. 3/4 cup Veggie S/French Fries B/P Baked Beans 3/4 cup Fresh Fruit or Pears</p>	<p>25 Breakfast Choices  WG/RF Cheese Pizza 2 oz. or WG/RF Buffalo Ckn Pizza 2 oz. or WG Chicken Patty 2 oz. or Fish Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie G/Broccoli 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>28 Breakfast Choices  9 WG Popcorn Chicken 1.5 oz. WW Roll 1.18 oz. 1/4 cup Mac &amp; Cheese 3/4 cup Veggie R/O Carrots 3/4 cup Fresh Fruit or Berry Mix</p>	<p>29 Breakfast Choices  Toasted Cheese Sandwich WW Bread &amp; Cheese 1 oz. 3/4 cup Veggie R/O Tomato Soup B/P Baked Beans 3/4 cup Fresh Fruit or Pears</p>	<p>30 Breakfast Choices  Italian Dunkers 1 WW Bread Stick 2 RF Mozz. Sticks 3/4 cup Veggie R/O Sauce 2 oz. G/Tossed Salad 3/4 cup Fresh Fruit or Peaches</p>	<p>31 Breakfast Choices  Pasta with Meat Sauce 1/2 cup WG Pasta RF Meat Sauce 2 oz. 1 WW roll 1.18 oz. 3/4 cup Veggie G/Green Beans 3/4 cup Fresh Fruit or Applesauce</p>	<p>Duanesburg CSD 133 School Drive Delanson, NY 12053 www.duanesburg.org  ES-518-895-2580 Jr/Sr HS-518-895-3000 CO-518-895-2279</p>

# ★ January 2019 Dates to Remember ★

## Duanesburg Central School District Food Service

### ES Breakfast Menu

Daily Must Choose One = 1/2 cup juice or 1/2 cup fruit

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Variety & Toast or Yogurt & Toast or WW Breakfast Bun or Breakfast Sandwich or Bagel Variety	Cereal Variety & Toast or Yogurt & Toast or WW Breakfast Bun or French Toast Sticks & Sausage	Cereal Variety & Toast or Yogurt & Toast or WW Breakfast Bun or Breakfast Sandwich or Bagel Variety	Cereal Variety & Toast or Yogurt & Toast or WW Breakfast Bun or Bagel w/ Cream Cheese	Breakfast Sandwich or Cereal Variety & Toast or Yogurt & Toast or WW Breakfast Bun or Bagel Variety

### Jr./Sr HS Breakfast Menu

Daily Must Choose One = 1/2 cup juice or 1/2 cup fruit

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sandwich Variety or Cereal Variety & Toast or WW Breakfast Bun	Home- made Muffin or Cereal Variety & Toast or WW Breakfast Bun	Bagel Variety w/ Cream Cheese or Cereal Variety & Toast or WW Breakfast Bun	Breakfast Sandwich Variety or Bagel Vari- ety w/Cream Cheese or Cereal Variety & Toast	Breakfast Sandwich Variety or Cereal Variety & Toast or Bagel Variety w/Cream Cheese

**Low-fat & fat-free unflavored milk and fat-free chocolate milk are offered for breakfast and lunch daily.**

**Assorted whole grain cereals, 100% fruit juice & fruit are available for breakfast daily.**

**Students MUST choose a fruit or vegetable as part of a Reimbursable Meal.**

**Veggie and fruit are offered at lunch every day.**

### Daily Lunch Choices

Daily Entrée (listed) or Sandwich or Salad Platter w/meat, vegetable, bread, fresh fruit and milk.

(Menu is subject to change)

Sandwich of the Day—every day Peanut Butter & Jelly, Turkey or Ham

Ice cream is available every day at the Jr./Sr. HS for \$1.00.

Ice cream is available on a rotating basis at the ES for \$1.00.

Field Trips! We can provide bag lunches for field trips with advance

- 1 - New Year's Day - No School
- 2 - Holiday Recess - No School
- 7 - ES Musical Tryouts & Practice
- 8 - Board of Education Meeting, 6:30 p.m., Joe Bena Auditorium
- 10 - District Wide Spelling Bee
- 17 - Snow date for District Wide Spelling Bee
- 21- Martin Luther King, Jr. Day - No School
- 22-25 - Regents Exams
- 25 - 7th grade field trip - Bassett Hospital
- 22- Board of Education Meeting, 6:30 p.m., Joe Bena Auditorium

### MEAL PRICING

PREPAID STUDENT MEAL TICKETS ARE ON SALE EVERYDAY ...

	DAY	5-DAY	10-DAY	20-DAY
ES BREAKFAST	\$1.80	\$ 9.00	\$18.00	\$36.00
ES LUNCH	\$2.60	\$13.00	\$26.00	\$52.00
HS BREAKFAST	\$1.85	\$ 9.25	\$18.50	\$37.00
HS LUNCH	\$2.85	\$14.25	\$28.50	\$57.00
REDUCED MEALS	\$ .25	\$ 1.25	\$ 2.50	\$ 5.00
ADULT BREAKFAST	\$2.45		ADULT LUNCH	\$4.10
MILK TICKETS @ ES =	\$ .50 (5-Day/\$2.50	10-Day/\$5.00	20-Day/\$10.00)	

If you feel you might qualify for the **Federal Free and Reduced Meal Program** and are not currently enrolled, please pick up an application at the MAIN OFFICES or CENTRAL OFFICE., or download from [www.duanesburg.org](http://www.duanesburg.org). For more information, call the Food Service Department at 895-3000 Ext. 228

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