

FEBRUARY 2019 JR HS—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 Breakfast Choices <i>WG/RF Cheese Pizza 2 oz. or</i> <i>WG/RF Buffalo Ckn Pizza 2 oz.</i> <i>or WG Chicken Patty 2 oz. or</i> <i>Fish Patty 2 oz.</i> <i>WW Roll 1.89 oz.</i> <i>3/4 cup Veggie</i> <i>Veggie Variety</i> <i>3/4 cup Fresh Fruit or</i> <i>Fruit Variety</i></p>
<p>4 Breakfast Choices <i>5 WG Chicken Nuggets 1.5 oz.</i> <i>WW Roll 1.89 oz.</i> <i>3/4 cup Veggie</i> <i>S/Potato & Gravy</i> <i>R/O Carrots</i> <i>3/4 cup Fresh Fruit or</i> <i>Mandarin Oranges</i></p>	<p>5 Breakfast Choices <i>Sub Sandwich</i> <i>WW Roll 1.79 oz.</i> <i>Mixed Meat 2 oz.</i> <i>Cheese .5 oz.</i> <i>3/4 cup veggie</i> <i>O/Green Beans</i> <i>G /Lettuce</i> <i>R/O Tomato O/Onions</i> <i>3/4 cup Fresh Fruit or</i> <i>Berry Mix</i></p>	<p>6 Breakfast Choices <i>Taco or Taco Salad</i> <i>2 WW Soft Tacos or</i> <i>RS Tortilla Chips</i> <i>Meat Sauce 2.5 oz.</i> <i>Cheese .5 oz.</i> <i>1/4 cup WG Rice</i> <i>3/4 cup Veggie</i> <i>G/Lettuce R/O Tomato</i> <i>S/Corn</i> <i>3/4 cup Fresh Fruit or</i> <i>Pears</i></p>	<p>7 Breakfast Choices <i>Beef Burger 2 oz.</i> <i>Cheese .5 oz.</i> <i>WW Roll 1.89 oz.</i> <i>3/4 cup Veggie</i> <i>S/French Fries</i> <i>B/P Baked Beans</i> <i>3/4 cup Fresh Fruit or</i> <i>Applesauce</i></p>	<p>8 Breakfast Choices <i>WG/RF Cheese Pizza 2 oz. or</i> <i>WG/RF Buffalo Ckn Pizza 2 oz.</i> <i>or WG Chicken Patty 2 oz. or</i> <i>Fish Patty 2 oz.</i> <i>WW Roll 1.89 oz.</i> <i>3/4 cup Veggie</i> <i>Veggie Variety</i> <i>3/4 cup Fresh Fruit or</i> <i>Fruit Variety</i></p>
<p>11 Breakfast Choices <i>12 Popcorn Chicken 2 oz.</i> <i>WW Roll 1.18 oz.</i> <i>1/4 cup Mac & Cheese</i> <i>3/4 cup Veggie</i> <i>R/O Carrots</i> <i>3/4 cup Fresh Fruit or</i> <i>Peaches</i></p>	<p>12 Breakfast Choices <i>Toasted Cheese Sandwich</i> <i>WW Bread & Cheese 2 oz.</i> <i>OR Ham & Cheese Bagel</i> <i>WG Bagel- Ham 2 oz. &</i> <i>Cheese 1 oz.</i> <i>3/4 cup Veggie</i> <i>R/O Tomato Soup</i> <i>B/P Baked Beans</i> <i>3/4 cup Fresh Fruit or</i> <i>Pears</i></p>	<p>13 Breakfast Choices <i>Italian Dunkers</i> <i>1 WW Bread Stick</i> <i>2 RF Mozz. Sticks</i> <i>3/4 cup Veggie</i> <i>R/O Sauce 2 oz.</i> <i>G/Tossed Salad</i> <i>3/4 cup Fresh Fruit or</i> <i>Strawberries</i></p>	<p>14 Breakfast Choices <i>Pasta with Meat Sauce</i> <i>1/2 cup WG Pasta</i> <i>RF Meat Sauce 2 oz.</i> <i>1 WW roll 1.18 oz.</i> <i>3/4 cup Veggie</i> <i>G/Green Beans</i> <i>G/Tossed Salad</i> <i>3/4 cup Fresh Fruit or</i> <i>Mixed Fruit</i></p>	<p>15 Breakfast Choices <i>WG/RF Cheese Pizza 2 oz. or</i> <i>WG/RF Buffalo Ckn Pizza 2 oz.</i> <i>or WG Chicken Patty 2 oz. or</i> <i>Fish Patty 2 oz.</i> <i>WW Roll 1.89 oz.</i> <i>3/4 cup Veggie</i> <i>Veggie Variety</i> <i>3/4 cup Fresh Fruit or</i> <i>Fruit Variety</i></p>
<p>18 No School - Presidents' Day</p>	<p>Feb. 19-22 - No School - Winter Recess</p>			
<p>25 Breakfast Choices <i>Brunch For Lunch</i> <i>4 WG French Toast Sticks 2 oz.</i> <i>Sausage Patty 1.2 oz.</i> <i>Syrup</i> <i>3/4 cup Veggie</i> <i>S/Hash Browns</i> <i>R/O Carrots</i> <i>3/4 cup Fresh Fruit or</i> <i>Applesauce</i></p>	<p>26 Breakfast Choices <i>Beef Burger 2 oz.</i> <i>Cheese .5 oz.</i> <i>WW Roll 1.89 oz.</i> <i>3/4 cup Veggie</i> <i>S/French Fries</i> <i>S/P Baked Beans</i> <i>3/4 cup Fresh Fruit or</i> <i>Peaches</i></p>	<p>27 Breakfast Choices <i>Taco or Taco Salad</i> <i>2 WW Soft Tacos or</i> <i>RS Tortilla Chips</i> <i>Meat Sauce 2.5 oz.</i> <i>Cheese .5 oz.</i> <i>1/4 cup WG Rice</i> <i>3/4 cup Veggie</i> <i>G/Lettuce R/O Tomato</i> <i>S/Corn</i> <i>3/4 cup Fresh Fruit or</i> <i>Berry Mix</i></p>	<p>28 Breakfast Choices <i>12 Popcorn Chicken 2 oz.</i> <i>WW Roll 1.18 oz.</i> <i>3/4 cup Veggie</i> <i>S/Potato & Gravy</i> <i>G/Broccoli</i> <i>3/4 cup Fresh Fruit or</i> <i>Pears</i></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>

February 2019

Dates to Remember . . .

- 1 - Albany CTE Sophomore Field Trip
 - K - 12 Report Cards Posted
- 2 - DCS PTA Sweetheart Dance, Duanesburg YMCA
- 6- Schoharie/Mohonasen CTE Sophomore Field Trip
- 8 - 7th Grade Field Trip to Bassett Hospital
- 12 - Board of Education Mtg/Work Session, 6:30 p.m., Joe Bena Auditorium 18 - 22- Presidents Day, Winter Recess, No School
- 25 - Winter Sports Ceremony, 6 p.m., HS
- 27 - Board of Education Mtg/Work Session, 6:30 p.m., Joe Bena Auditorium

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.

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. For more information, call the Food Service Department at 895-3000 Ext. 228

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

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(1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.