

April 2019

JR HS - What's For Lunch Today?

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 Breakfast Choices</p> <p>5 WG Chicken Nuggets 1.5 oz. WW Roll 1.18 oz. 3/4 cup Veggie S/Potato & Gravy R/O Carrots 3/4 cup Fresh Fruit or Berry Mix</p> | <p>2 Breakfast Choices</p> <p>Toasted Cheese Sandwich WW Bread & Cheese 2 oz. or Ham & Cheese Bagel WG Bagel- Ham 1.5 oz. & Cheese .5 oz. 3/4 cup Veggie R/O Tomato Soup B/P Baked Beans 3/4 cup Fresh Fruit or Pears</p> | <p>3 Breakfast Choices</p> <p>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>4 Breakfast Choices</p> <p>Pasta with Meat Sauce 1/2 cup WG Pasta RF Meat Sauce 2.5 oz. 1 WW roll 1.18 oz. 3/4 cup Veggie O/Green Beans G/Tossed Salad 3/4 cup Fresh Fruit or Mixed Fruit</p> | <p>5 Breakfast Choices</p> <p>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 2 oz. 3/4 cup Veggie Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety</p> |
| <p>8 Breakfast Choices</p> <p>Brunch For Lunch 4 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>9 Breakfast Choices</p> <p>Baked Chicken 2 oz. WW Roll 1.18 oz. 3/4 cup Veggie S/Potato & Gravy O/Green Beans 3/4 cup Fresh Fruit or Strawberries</p> | <p>10 Breakfast Choices</p> <p>Tacos or Taco Salad 2 WW Soft Tacos 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>11 Breakfast Choices</p> <p>Beef Burger 2 oz. Cheese .5 oz. Or Hot Dog WW Roll 2 oz. 1/4 cup Macaroni Salad 3/4 cup Veggie B/P Baked Beans 3/4 cup Fresh Fruit or Pears</p> | <p>12 Breakfast Choices</p> <p>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 2 oz. 3/4 cup Veggie Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety</p> |
| <p>15 Breakfast Choices</p> <p>WG Chicken Patty 2 oz. WW Roll 2 oz. 1/4 cup Mac & Cheese 3/4 cup Veggie R/O Carrots 3/4 cup Fresh Fruit or Peaches</p> | <p>16 Breakfast Choices</p> <p>Sub Sandwich WW Roll 1.79 oz. Mixed Meat 2 oz. Cheese .5 oz. 3/4 cup veggie B/P Baked Beans G/Lettuce R/O Tomato O/Onions 3/4 cup Fresh Fruit or Pears</p> | <p>17 Breakfast Choices</p> <p>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 Strawberries</p> | <p>18 Breakfast Choices</p> <p>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 2 oz. 3/4 cup Veggie Veggie Variety 3/4 cup Fresh Fruit or Fruit Variety</p> | <p>19</p> <p>No school</p> |
| <p>Spring Break Week - No School</p> | | | | |
| <p>29 Breakfast Choices</p> <p>Brunch For Lunch 4 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>30 Breakfast Choices</p> <p>Toasted Cheese Sandwich WW Bread & Cheese 2 oz. or Ham & Cheese Bagel WG Bagel- Ham 1.5 oz. & Cheese .5 oz. 3/4 cup Veggie R/O Tomato Soup O/Green Beans 3/4 cup Fresh Fruit or Berry Mix</p> | | <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>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> |

* April 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 & Yogurt & Toast or WW Breakfast Bun 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 & 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

- 2-4 NYS ELA Testing
- 5 DEF basketball game at YMCA
- 6 Duanesburg Day, 12-4 pm
Talent show, 4:30 pm, Joe Bena Auditorium
- 9 BOE meeting & community budget presentation, 6:30 pm,
Joe Bena Auditorium
- 11 Bus Drill
- 12 Bus Drill, rain date
K-12 Report cards posted
All-Star Music Festival
- 13 All-Star Music Festival
- 17 Family Literacy Night, 5:30 pm, ES library
UPK meeting, 6:00 pm, ES cafeteria
6th grade Transition Night, 6:00-8:00 pm,
- 19 Good Friday, Spring Recess, No School
- 22-26 Spring Recess, No School

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(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.