

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <p>3 Breakfast Choices</p> <p>5 WG Chicken Nuggets 1.5 oz.<br/>WW Roll 1.18 oz.<br/>1/4 cup Mac &amp; Cheese<br/>3/4 cup Veggie<br/>R/O Carrots<br/>3/4 cup Fresh Fruit or Mixed Fruit</p>                           | <p>4 Breakfast Choices</p> <p>Beef Burger 2 oz.<br/>Cheese .5 oz.<br/>WW Roll 1.89 oz.<br/>3/4 cup Veggie<br/>S/French Fries<br/>B/P Baked Beans<br/>3/4 cup Fresh Fruit or Peaches</p>                                 | <p>5 Breakfast Choices</p> <p>Italian Dunkers<br/>1 WW Bread Stick<br/>2 RF Mozz. Sticks<br/>3/4 cup Veggie<br/>R/O Sauce 2 oz.<br/>G/Tossed Salad<br/>3/4 cup Fresh Fruit or Applesauce</p>   | <p>6 Breakfast Choices</p> <p>Pasta with Meat Sauce<br/>1/2 cup WG Pasta<br/>RF Meat Sauce 2 oz.<br/>1 WW roll 1.18 oz.<br/>3/4 cup Veggie<br/>G/Green Beans<br/>G/Tossed Salad<br/>3/4 cup Fresh Fruit or Pears</p>             | <p>7 Breakfast Choices</p> <p>WG/RF Cheese Pizza 2 oz. or<br/>WG/RF Buffalo Ckn Pizza 2 oz. or<br/>WG Chicken Patty 2 oz. or<br/>Fish Patty 2 oz.<br/>WW Roll 1.89 oz.<br/>3/4 cup Veggie<br/>G/Tossed Salad G/Broccoli<br/>3/4 cup Fresh Fruit or Fruit Variety</p>  |
| <p>10 Breakfast Choices</p> <p>9 Popcorn Chicken 2 oz.<br/>WW Roll 1.18 oz.<br/>3/4 cup Veggie<br/>S/French Fries<br/>B/P Baked Beans<br/>3/4 cup Fresh Fruit or Peaches</p>   | <p>11 Breakfast Choices</p> <p>Sub Sandwich<br/>WW Roll 1.79 oz.<br/>Mixed Meat 1.5 oz.<br/>Cheese .5 oz.<br/>3/4 cup veggie<br/>R/O Carrots G/Lettuce<br/>R/O Tomato O/Onions<br/>3/4 cup Fresh Fruit or Berry Mix</p> | <p>12 Breakfast Choices</p> <p>Taco or Taco Salad<br/>1 WW Soft Taco or<br/>RS Tortilla Chips<br/>Meat Sauce 2 oz.<br/>Cheese .5 oz.<br/>1/4 cup WG Rice<br/>3/4 cup Veggie<br/>G/Lettuce R/O Tomato<br/>S/Corn<br/>3/4 cup Fresh Fruit or Pears</p> | <p>13 Breakfast Choices</p> <p>Toasted Cheese Sandwich<br/>WW Bread &amp; Cheese 1 oz.<br/>3/4 cup Veggie<br/>R/O Tomato Soup<br/>G/Green Beans<br/>3/4 cup Fresh Fruit or Mixed Fruit</p>                                       | <p>14 Breakfast Choices</p> <p>WG/RF Cheese Pizza 2 oz. or<br/>WG/RF Buffalo Ckn Pizza 2 oz. or<br/>WG Chicken Patty 2 oz. or<br/>Fish Patty 2 oz.<br/>WW Roll 1.89 oz.<br/>3/4 cup Veggie<br/>G/Tossed Salad G/Broccoli<br/>3/4 cup Fresh Fruit or Fruit Variety</p> |
| <p>17 Breakfast Choices</p> <p>Brunch For Lunch<br/>3 WG French Toast Sticks 2 oz.<br/>Sausage Patty 1.2 oz.<br/>Syrup<br/>3/4 cup Veggie<br/>S/Hash Brown<br/>R/O Carrots<br/>3/4 cup Fresh Fruit or Applesauce</p> | <p>18 Breakfast Choices</p> <p>WG Chicken Patty 2 oz.<br/>WW Roll 1.89 oz.<br/>3/4 cup Veggie<br/>G/Broccoli<br/>3/4 cup Fresh Fruit or Pears</p>   | <p>19 Breakfast Choices</p> <p>Italian Dunkers<br/>1 WW Bread Stick<br/>2 RF Mozz. Sticks<br/>3/4 cup Veggie<br/>R/O Sauce 2 oz.<br/>G/Tossed Salad<br/>3/4 cup Fresh Fruit or Peaches</p>   | <p>20 Breakfast Choices</p> <p>Beef Burger 2 oz.<br/>Cheese .5 oz.<br/>WW Roll 1.89 oz.<br/>3/4 cup Veggie<br/>S/French Fries<br/>B/P Baked Beans<br/>3/4 cup Fresh Fruit or Mixed Fruit</p>                                     | <p>21 Breakfast Choices</p> <p>WG/RF Cheese Pizza 2 oz. or<br/>WG/RF Buffalo Ckn Pizza 2 oz.<br/>3/4 cup Veggie<br/>Veggie Variety<br/>3/4 cup Fresh Fruit or Fruit Variety</p>   |
| <p>24</p> <p>No School</p>   | <p>25</p>   | <p>26</p>  | <p>27</p>  | <p>28</p>   |
| <h3>Holiday Recess</h3>  |   |  |  |   |
| <p>31</p> <p>Holiday Recess</p>  | <p>January 1, 2019</p>  | <p>January 2, 2019</p>   | <p>M/ma=Meat/ Meat Alternative<br/>WG=Whole Grain<br/>WW=Whole Wheat<br/>RF=Reduced Fat<br/>FF=Fat Free<br/>RS=Reduced Sodium<br/>R/O=Red/Orange Veggie<br/>G=Dark Green Veggie<br/>B/P=Beans/Peas<br/>S=Starchy<br/>O=Other</p> | <p>Duanesburg CSD<br/>133 School Drive<br/>Delanson, NY 12053<br/>www.duanesburg.org<br/>ES-518-895-2580<br/>Jr/Sr HS-518-895-3000<br/>CO-518-895-2279</p>  |

# \* December 2018 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<br>Variety &<br>Toast or<br>Yogurt &<br>Toast or<br>WW<br>Breakfast<br>Bun or<br>Breakfast<br>Sandwich<br>or Bagel<br>Variety | Cereal<br>Variety &<br>Toast or<br>Yogurt &<br>Toast or<br>WW<br>Breakfast<br>Bun or<br>French<br>Toast<br>Sticks &<br>Sausage | Cereal<br>Variety &<br>Toast or<br>Yogurt &<br>Toast or<br>WW<br>Breakfast<br>Bun or<br>Breakfast<br>Sandwich<br>or Bagel<br>Variety | Cereal<br>Variety &<br>Toast or<br>Yogurt &<br>Toast or<br>WW<br>Breakfast<br>Bun or<br>Bagel w/<br>Cream<br>Cheese | Breakfast<br>Sandwich<br>or Cereal<br>Variety &<br>Toast or<br>Yogurt &<br>Toast or<br>WW<br>Breakfast<br>Bun or<br>Bagel<br>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<br>Sandwich<br>Variety or<br>Cereal<br>Variety &<br>Toast or<br>WW<br>Breakfast<br>Bun | Home-<br>made<br>Muffin or<br>Cereal<br>Variety &<br>Toast or<br>WW<br>Breakfast<br>Bun | Bagel<br>Variety w/<br>Cream<br>Cheese or<br>Cereal<br>Variety &<br>Toast or<br>WW<br>Breakfast<br>Bun | Breakfast<br>Sandwich<br>Variety or<br>Bagel Vari-<br>ety w/Cream<br>Cheese or<br>Cereal<br>Variety &<br>Toast | Breakfast<br>Sandwich<br>Variety or<br>Cereal<br>Variety &<br>Toast or<br>Bagel<br>Variety<br>w/Cream<br>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

### 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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(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](mailto:program.intake@usda.gov).