

September 2019

JR HS—What's For Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 No School</p> <p>Labor Day</p>	<p>3 Staff Development Day</p>	<p>4 Staff Development Day</p>	<p>5 Breakfast Choices</p> <p><i>Italian Dunkers</i> 1 WW Bread Stick 2 RF Mozz. Sticks 3/4 cup Veggie R/O Sauce 2 oz. G/Broccoli 3/4 cup Fresh Fruit or Pears</p>	<p>6 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 G/Tossed Salad 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>9 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 Pears</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 O/Onion S/Corn 3/4 cup Fresh Fruit or Peaches</p>	<p>11 Breakfast Choices</p> <p>Sub Sandwich WW Roll 1.79 oz. Mixed Meat 2 oz. Cheese .5 oz. 3/4 cup veggie G/Lettuce R/O Tomato O/Onions O/Green Beans 3/4 cup Fresh Fruit or Applesauce</p>	<p>12 Breakfast Choices</p> <p>Beef Burger 2 oz. Cheese .5 oz. WW Roll 2 oz. 3/4 cup Veggie S/French Fries B/P Baked Beans 3/4 cup Fresh Fruit or Mixed Fruit</p>	<p>13 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 G/Tossed Salad 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>16 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>17 Breakfast Choices</p> <p>WG Chicken Patty 2 oz. WW Roll 1.89 oz. 3/4 cup Veggie S/Potato & Gravy B/P Baked Beans 3/4 cup Fresh Fruit or Pears</p>	<p>18 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 S/Corn 3/4 cup Fresh Fruit or Mixed Berries</p>	<p>19 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 3/4 cup Fresh Fruit or Peaches</p>	<p>20 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 G/Tossed Salad 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>23 Breakfast Choices</p> <p>12 WG Popcorn Chicken 1.5 oz. WW Roll 1.18 oz. 1/4 cup Mac & Cheese 3/4 cup Veggie R/O Carrots 3/4 cup Fresh Fruit or Pears</p>	<p>24 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 O/Onion S/Corn 3/4 cup Fresh Fruit or Peaches</p>	<p>25 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 Mixed Fruit</p>	<p>26 Breakfast Choices</p> <p>Beef Burger 2 oz. Cheese .5 oz. WW Roll 2 oz. 3/4 cup Veggie S/French Fries B/P Baked Beans 3/4 cup Fresh Fruit or Mandarin Oranges</p>	<p>27 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 G/Tossed Salad 3/4 cup Fresh Fruit or Fruit Variety</p>
<p>30 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>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</p> <p>ES- 518-895-2580 JR/SR HS-518-895-3000 CO-518-895-2279</p>

September 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	Cereal Variety & Toast or Yogurt & Toast or WW Breakfast	Cereal Variety & Toast or Yogurt & Toast or WW Breakfast	Cereal Variety & Toast or Yogurt & Toast or WW Breakfast	Breakfast Sandwich or Cereal Variety & Toast or Yogurt & Toast or WW Breakfast
Bun or Breakfast Sandwich or Bagel Variety	Muffin	Waffle Sticks & Sausage Patty	Bagel w/ Cream Cheese or Muffin	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	Bagel Variety w/ Cream Cheese or Cereal Variety & Toast or WW Breakfast	Home- made Muffin or Cereal Variety & Toast or WW Breakfast	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
Bun	Bun	Bun		

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 - Labor Day – No School
- 3 & 4 - Staff Development Day - No Students
- 5 - First day of classes - Grades 1-12
Kindergarten Orientation, ES
UPK Open house, ES
- 6 - First day of Kindergarten & UPK
- 10 - Board of Education Meeting, 6:30 p.m., Joe Bena Auditorium
- 12 - Bus Safety Drill (rain date 9/14)
- 13 - Bus Safety Drill rain date
- 19 - BBQ/Bake Sale
JR/SR HS Open House, 6:00 p.m.
- 24 - Board of Education Meeting, 6:30 p.m., Joe Bena Auditorium
- 24 & 25- JR/SR Picture Day
- 26 - ES Picture day
Grades K - 6 Open House, 6:00 - 7:30 p.m., ES
- 27 - ES & HS PBIS Kick Off

MEAL PRICING

PREPAID STUDENT MEAL TICKETS ARE ON SALE EVERYDAY ...

	<u>DAY</u>	<u>5-DAY</u>	<u>10-DAY</u>	<u>20-DAY</u>
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
ADULT BREAKFAST	\$2.50		ADULT LUNCH	\$4.30
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, audiotope, 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.

This institution is an equal opportunity provider.