

January 2019

SRHS - 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 No School - Holiday Recess</p>	<p>2 No School - Holiday Recess</p>	<p>3 Breakfast Choices 6 WG Chicken Nuggets 1.5 oz. WW Roll 1.18 oz. 1 cup Veggie S/Fries B/P Baked Beans 1 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. 1 cup Veggie G/Broccoli 1 cup Fresh Fruit or Fruit Variety</p>
<p>7 Breakfast Choices WG Chicken Patty 2 oz. WW Roll 1.89 oz. 1 cup Veggie S/Potato & Gravy R/O Carrots 1 cup Fresh Fruit or Peaches</p>	<p>8 Breakfast Choices Beef Burger 2 oz. Cheese .5 oz. WW Roll 2 oz. 1 cup Veggie S/French Fries B/P Baked Beans 1 cup Fresh Fruit or Berry Mix</p>	<p>9 Breakfast Choices Taco or Taco Salad 2 WW Soft Tacos or RS Tortilla Chips Meat Sauce 3 oz. Cheese .5 oz. 1/4 cup WG Rice 1 cup Veggie G/Lettuce R/O Tomato S/Corn 1 cup Fresh Fruit or Applesauce</p>	<p>10 Breakfast Choices Toasted Cheese Sandwich WW Bread & Cheese 2 oz. OR Ham & Cheese Bagel WG Bagel- Ham 2 oz. & Cheese 1 oz. 1 cup Veggie R/O Tomato Soup O/Green Beans 1 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. 1 cup Veggie G/Tossed Salad G/Broccoli 1 cup Fresh Fruit or Fruit Variety</p>
<p>14 Breakfast Choices 6 WG Chicken Nuggets 1.5 oz. WW Roll 1.18 oz. 1/4 cup Mac & Cheese 1 cup Veggie O/Green Beans 1 cup Fresh Fruit or Berry Mix</p>	<p>15 Breakfast Choices Sub Sandwich WW Roll 2 oz. Mixed Meat 2.5 oz. Cheese .5 oz. 1 cup Veggie B/P Baked Beans G/Lettuce R/O Tomato O/Onion 1 cup Fresh Fruit or Mandarin Oranges</p>	<p>16 Breakfast Choices Italian Dunkers 2 WW Bread Sticks 2 RF Mozz. Sticks 1 cup Veggie R/O Sauce 2 oz. G/Tossed Salad 1 cup Fresh Fruit or Pears</p>	<p>17 Breakfast Choices Chinese Day! 13 Sweet & Sour Chicken 2 oz. 1/4 cup Ckn Fried WG Rice 1 cup Veggie R/O Carrots O/Veggie WG Lo Mein 1 cup Fresh Fruit or Pineapple Fortune Cookie</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. 1 cup Veggie Veggie Variety 1 cup Fresh Fruit or Fruit Variety</p>
<p>21 No School - Martin Luther King, Jr. Holiday</p>	<p>22 Breakfast Choices Brunch For Lunch 4 WG French Toast Sticks 2 oz. Sausage Patty 1.2 oz. Syrup 1 cup Veggie S/Hash Browns R/O Carrots 1 cup Fresh Fruit or Applesauce</p>	<p>23 Breakfast Choices Taco or Taco Salad 2 WW Soft Tacos or RS Tortilla Chips Meat Sauce 3 oz. Cheese .5 oz. 1/4 cup WG Rice 1 cup Veggie G/Lettuce R/O Tomato S/Corn 1 cup Fresh Fruit or Mixed Fruit</p>	<p>24 Breakfast Choices Beef Burger 2 oz. Cheese .5 oz. WW Roll 2 oz. 1 cup Veggie S/French Fries B/P Baked Beans 1 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. 1 cup Veggie G/Tossed Salad G/Broccoli 1 cup Fresh Fruit or Fruit Variety</p>
<p>28 Breakfast Choices 13 Popcorn Chicken 2 oz. WW Roll 1.18 oz. 1/4 cup Mac & Cheese 1 cup Veggie R/O Carrots 1 cup Fresh Fruit or Berry Mix</p>	<p>29 Breakfast Choices Toasted Cheese Sandwich WW Bread & Cheese 2 oz. OR Ham & Cheese Bagel WG Bagel- Ham 2 oz. & Cheese 1 oz. 1 cup Veggie R/O Tomato Soup B/P Baked Beans 1 cup Fresh Fruit or Pears</p>	<p>30 Breakfast Choices Italian Dunkers 2 WW Bread Sticks 2 RF Mozz. Sticks 1 cup Veggie R/O Sauce 2 oz. G/Tossed Salad 1 cup Fresh Fruit or Peaches</p>	<p>31 Breakfast Choices Pasta with Meat Sauce 3/4 cup WG Pasta RF Meat Sauce 3 oz. 1 WW roll 1.18 oz. 1 cup Veggie O/Green Beans 1 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. 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.

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