



**Pine City, Diven, Hendy,
Coburn, Beecher,
Riverside, & Fassett
Elementary Schools**



March



Monday

Tuesday

Wednesday

Thursday

Friday

1 Chicken Nuggets Bologna & Cheese Sandwich Minestrone Soup	2 Beef or Bean Tacos Turkey Sandwich Refried Beans Spanish Rice	3 Cheeseburger on Bun Tuna on a Bun Broccoli	4 Pepperoni Pizza Super Sub Corn	5 Mozzarella Sticks w/ Pasta & Sauce Ham Sub Green Beans
8 Chicken Patty on Bun Bologna Sub Baked Beans Fruit Crisp	9 Toasted Cheese Sandwich Chicken Ranch Wrap Tomato Soup	10 HALF DAY LUNCH Yogurt & String Cheese Assorted Fruit Juice Milk	11 BBQ Pork Rib Sandwich Turkey Sandwich Corn	12 Pizza Dunkers Ham & Cheese Sub Green Beans
15 Philly Cheese Steak Flatbread Turkey Sub Baked Beans	16 HALF DAY LUNCH Yogurt & String Cheese Assorted Fruit Juice Milk	17 Breakfast Sandwich Tuna on a Bun Hash Brown Green 	18 Hamburger on Bun Super Sub Corn	19 Cheese Pizza Ham Sandwich Green Beans Minestrone Soup
22 Chicken Nuggets Ham & Cheese Sandwich Baked Beans Fruited Jello	23 Pasta w/Meatsauce or Marinara Sauce Turkey Sandwich Green Beans Breadstick	24 Beef or Bean Taco Bologna Sandwich Refried Beans Spanish Rice	25 Toasted Cheese Sandwich Buffalo Chicken Wrap Tomato Soup	26 Fish Sandwich Super Sub Tater Tots
29 Cheeseburger on Bun Ham Sub Oven Fries	30 BBQ Pork Rib Sandwich Bologna Sandwich Seasoned Rice	31 Chicken Patty on Bun Tuna on a Bun Cucumber Slices	Food Pyramid Promotes 3 Basic Rules For Healthy Eating: Variety, Balance, Moderation	
				 Celebrate Nutrition Month



Four Leaf Clover - Hope, Faith, Love, Luck



ELMIRA CITY SCHOOLS CAFETERIA NEWS



2009-2010 Pricing

Breakfast	.75
Elem Lunch	\$1.25
MS Lunch	1.50
HS Lunch	1.75
Reduced Meals	.25
Milk	.60
Adult Lunch	3.25



Online Meal Payment is available.

Visit your district website and look for the Pay-schools Logo.

AVAILABLE DAILY AT LUNCH

ALL SCHOOLS (except Alternative HS)

- PBJ Sandwich
- Chef Salad
- Tossed Salad
- Bread

- Asst. Canned Fruit
- Asst. Fresh Fruit
- Milk

- Assorted Sandwich (EFA & Southside)
- Salad Bar (EFA & Southside)

BOOTH PRE K

- Asst. Fruit
- Asst. Juice
- Milk



Contact Us if you have any questions, comments or

concerns. We can be reached at (607) 735-3227 or by E-mail at skramer@gstboces.org Or mgirardi@gstboces.org

Good Health is ALWAYS on our menu!

START YOUR DAY OFF RIGHT WITH BREAKFAST!

We offer an assortment of breakfast items in all of our cafeterias every day including Cereal, Muffins, Bagels, Granola, Graham Crackers, Assorted Fruit, 100% Fruit Juice, and milk.



A QUICK, NUTRITIOUS BREAKFAST IN DISGUISE

NATIONAL SCHOOL BREAKFAST WEEK MARCH 3-8, 2010



Breakfast and better grades seem to go hand in hand!



Research shows that eating breakfast can help improve math grades, standardized test scores and vocabulary skills. While boosting brainpower, breakfast has also been shown to curb behavior problems, reduce absenteeism and help children focus. Plus, those who eat breakfast generally have healthier diets and are at less risk to become overweight.

Unfortunately, according to the Food Research and Action Center, an estimated one out of six children doesn't get proper nourishment at home. Some say this number is moving even higher as a result of the economy. Here are some school breakfast facts that can help:

- Did you know that breakfast is available daily at your school!
- Those students who participate in the Free/Reduced lunch program are also qualified for breakfast!

Come and enjoy breakfast in your cafeteria today!

(Reference: www.ActionForHealthyKids.org, August, 2009)



Dr. Seuss Day Tuesday, March 2, 2010 Elementary Cafeteria



Come and Enjoy Green Eggs and Ham for Breakfast!!!