



# Campbell-Savona Elementary



# 2011

**Available Daily**  
**PBJ on Whole Wheat Bread**  
**Fresh Chef Salad**  
**Fresh Tossed Salad**  
**Whole Wheat Bread Slices**  
**Chilled Fruit Cups**  
**Fresh Fruit**  
**100% Fruit Juice**  
**Chilled Milk**



**Pricing:**  
**Elem. \$1.50**  
**High \$1.75**  
**Breakfast \$1.00**  
**Reduced .25**  
**Milk .60**



**Daily Breakfast**  
**Monday:**  
**French Toast Sticks**  
**Tuesday:**  
**Waffles**  
**Wednesday:**  
**French Toast Sticks**  
**Thursday:**  
**Waffles**  
**Friday:**  
**Bageler Sandwich**  
**Available Daily:**  
**Bagels, Cereal**  
**Bowls, Fresh Fruit,**  
**100% Fruit Juice, and**  
**Chilled Milk**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Celebrate Nutrition Month</p>	<p>1 Italian Meatball Sub Egg Salad Sandwich Italian Mixed Vegetables</p>	<p>2 <b>DR. SEUSS'S BIRTHDAY!!</b> Crispy Fish Filet Sandwich Turkey Club Wrap Mashed Potatoes Ice Cream Treat</p> <p>Breakfast Special: Green Eggs &amp; Ham</p>	<p>3 Assorted Pizza Bologna Deli Sub Fresh Baby Carrots Raw Cucumber Slices</p>	<p>4 <b>HALF DAY</b> <b>GRAB-N-GO</b> Cheese Stick &amp; Yogurt Assorted Muffins Fresh Fruit</p>
<p>7 French Toast Sticks w/Sausage Egg Salad Sandwich Spinach Greens Crispy Golden Hash Brown</p>	<p>8 Meat or Bean Tacos Turkey Deli Sub Golden Sweet Corn Refried Beans</p>	<p>9 Crispy Chicken Patty Sandwich Hot Dog on a Whole Wheat Bun Seasoned Rice Green Beans</p>	<p>10 Assorted Pizza Southwest Taco Salad Crisp Carrot Sticks Minestrone Soup</p>	<p>11 Philly Cheese Steak Sub Tuna Salad on a Whole Wheat Bun California Blend Vegetables Homemade Fruit Crisp</p>
<p><i>National School Breakfast Week March 7th - 11th! Come enjoy breakfast in your school cafeteria to start your day off right!</i></p>				
<p>14 Crispy Chicken Patty Sandwich Bageler Sandwich California Blend Vegetables Mashed Potatoes</p>	<p>15 Baked Mozzarella Sticks w/Pasta &amp; Sauce Fruit &amp; Yogurt Parfait Carrot Coins</p>	<p>16 Meat or Bean Nacho Grande Chicken Caesar Salad Seasoned Rice Refried Beans Fruity Jello w/Whipped Topping</p>	<p>17 Assorted Pizza Egg Salad Sandwich Fresh Crisp Celery Sticks Sweet Potatoes</p> <p><b>Happy St. Patrick's Day!</b></p>	<p>18 Toasted Cheese Sandwich Sliced Bologna Sandwich Hot Tomato Soup Green Beans</p>
<p>21 Hamburger on a Whole Wheat Bun Egg Salad Sandwich Cooked Squash Traditional Baked Beans</p>	<p>22 Hot Turkey &amp; Gravy Chicken BLT Salad Golden Sweet Corn Mashed Potatoes Dinner Roll</p>	<p>23 Crispy Chicken Nuggets Sliced Bologna Sandwich Steamed Broccoli Florets Homemade Fruit Crisp</p>	<p>24 Assorted Pizza Sliced Turkey Sandwich Green Beans Fresh Baby Carrots</p>	<p>25 Crispy Fish Filet Sandwich Crispy Chicken Patty Sandwich Oven Baked Fries</p>
<p>28 Popcorn Chicken Bites Super Sub California Blend Vegetables Curly Q Fries</p> <p>NOTICE: The menu is subject to change without advanced notice.</p>	<p>29 Pasta w/Meatsauce or Marinara Sauce Buffalo Chicken Wrap Steamed Broccoli Florets Garlic Bread Fruity Jello w/Whipped Topping</p>	<p>30 Chicken Soft Taco Tuna Salad on a Whole Wheat Bun Carrot Coins Seasoned Rice</p> <p>Please see back of menu for pricing, additional daily lunch choices &amp; other cafeteria news!!</p>	<p>31 Assorted Pizza Fruit &amp; Yogurt Parfait Sliced Ham Sandwich Fresh Crisp Celery Sticks Italian Mixed Vegetables</p>	<p>Food Pyramid Promotes 3 Basic Eating Rules for Healthy Eating: <b>Variety, Balance &amp; Moderation</b></p>

**Four Leaf Clover - Hope, Faith, Love, Luck**



### 2010-2011 Pricing

K-6 Lunch	\$1.50
7-12 Lunch	1.75
Reduced Lunch	.25
Breakfast	1.00
Milk	.60
Ice Cream	.60



### Start Your Day Off Right!



Monday	French Toast Sticks
Tuesday	Waffles
Wednesday	French Toast Sticks
Thursday	Waffles
Friday	Bagel Sandwich

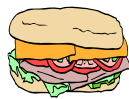
#### Available Daily

Assorted Fresh Fruit, Cereal bowls, Chilled Milk, and 100% Fruit Juice



### Available Daily at Lunch

#### ALL SCHOOLS



- PBJ on Whole Wheat Bread
- Fresh Chef Salad
- Fresh Tossed Salad
- Assorted Fruit Cup
- Assorted Fresh Fruit
- Assorted 100% Juice
- Chilled Milk (1%, Fat Free, Chocolate)

## CAMPBELL SAVONA CAFETERIA NEWS



### National School Lunch Program

Where are we headed?



#### History

The National School Lunch Program (NSLP) was developed in 1946 to safeguard the health and well being of the nation's children. At that time, the nutritional concerns were nutrient deficiencies and under consumption. Studies done in the late 1980's provided evidence that diets high in fat, saturated fat, and cholesterol have adverse health consequences. In 1993, USDA's School Nutrition Dietary Assessment (SNDA) indicated the NSLP showed evidence that meals served were effective in delivering micronutrients but, exceeded recommended intakes of total fat, saturated fat, cholesterol, and sodium.

The Healthy Meals for Healthy American Act of 1994 required school meals to be aligned with the most recent dietary guidelines. These guidelines require schools provide at least a minimum calorie and nutrient level for protein, calcium, iron, Vitamin A and Vitamin C. These are the key nutrients that promote growth and development. In addition, schools must decrease the levels of sodium and cholesterol, increase the amount of dietary fiber, and limit meals to no more than 30 percent of total calories from fat and less than 10 percent of total calories from saturated fat consistent with the 1995 Dietary Guidelines.

#### Next Step

According to the Centers for Disease Control and Prevention, 32 percent of children, ages 6-19 years old are overweight or obese. These statistics resulted in the NSLP "make-over." The new regulations will align school lunch guidelines to be consistent with the 2005 Dietary Guidelines. This includes increasing the amount of fruit at breakfast; increasing the amount and variety of vegetables at lunch; offering more whole-grain rich foods; limiting fluid milk choices to fat-free (flavored or unflavored) and unflavored fluid low fat milk; establish a minimum and maximum calorie levels for each age/grade group; increasing the emphasis on limiting saturated fat; seeking gradual but major reduction in the sodium content and minimizing trans fat.

Currently, GST BOCES Regional Schools participate in the Healthy Food Choice Plan. All entrees utilized in the program can be combined with a variety of fruits, vegetables and low fat beverages that make an average week's meals fall within the 30% fat guidelines set by USDA for school meal programs.

District Food Service Managers can be reached at (607) 527-9832 ext 460 or email [pdrumm@gstboces.org](mailto:pdrumm@gstboces.org) or [jmittchell@gstboces.org](mailto:jmittchell@gstboces.org)



### GST BOCES Regional Schools Healthy Food Choice Plan



- ◆ Our recipes and cooking processes have been adjusted to reduce salt by 50%. Many of the recipes for desserts now use less sugar and fat
- ◆ All scratch-made ground beef entrees are prepared with 85/15 quality beef. Cooked ground beef is well drained of fat and rinsed before using in casseroles and meat fillings.
- ◆ All deli meats are very lean and trimmed of all visible fat.
- ◆ Foods used in the program are baked, steamed, etc., never fried.
- ◆ Butter or margarine is not added to cooked vegetables. There are NO trans fats in any of the foods we have specified for purchase.
- ◆ A variety of high fiber vegetables and fruits are offered daily.
- ◆ Low fat/Low sodium salad dressing choices are available at all schools.
- ◆ Reduced fat mayonnaise is used exclusively in salad dressings and as a condiment.
- ◆ Fresh fruits, canned fruits in light syrup or natural juice
- ◆ Fresh vegetables are offered daily to students and there is greater variety available now than ever before.
- ◆ 100% fruit juice choices are offered at all schools on a daily basis.
- ◆ At least three milk choices are available: Skim milk, 1% white milk and 1% chocolate milk.
- ◆ All a la carte / snack items offered fall within the NYS Choose Sensibly guidelines.
- ◆ Sodas are not offered for sale in the school cafeterias. Water is not flavored, carbonated, caffeinated or sweetened.
- ◆ All bread and bread products served are at least 51% whole grain rich, including our pizza crust.
- ◆ All cheese products are reduced fat.

Good Health is ALWAYS on our menu!