

SEPTEMBER 2011



Campbell-Savona Elementary



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Available Daily PBJ on Whole Wheat Bread Fresh Chef Salad Fresh Tossed Salad Whole Wheat Bread Slice Chilled Fruit Cups Fresh Fruit 100% Fruit Juice Chilled Milk</p>	<p>Contact Us if you have any questions, comments or concerns. We can be reached at (607)527-9832 ext. 460 or email pdrumm@gstboces.org or jmitchell@gstboces.org</p>	<p>NOTICE: The menu is subject to change without advanced notice.</p>			
	<p>5 LABOR DAY</p>	<p>6 Get off to a Good Start, Eat Breakfast!</p>	<p>7 Crispy Chicken Patty Sandwich Sliced Ham Sandwich Traditional Baked Beans Tasty Tater Tots</p>	<p>8 Assorted Pizza Egg Salad Sandwich Carrot Coins Raw Cucumber Slices</p>	<p>9 Toasted Cheese Sandwich Sliced Turkey Sandwich Hot Tomato Soup</p>
<p>Pricing: Elem. \$1.55 High \$1.80 Breakfast \$1.00 Reduced .25 Milk .60 Ice Cream .50 - .65</p>	<p>12 French Toast Sticks w/Sausage Turkey Deli Sub Crispy Golden Hash Brown Warm Cinnamon Apple Slices</p>	<p>13 Meat or Bean Tacos Chicken Ranch Wrap Spinach Greens Mexican Rice Refried Beans</p>	<p>14 Baked Mozzarella Sticks w/Pasta & Sauce Fruit & Yogurt Parfait Green Beans Homemade Fruit Crisp</p>	<p>15 Assorted Pizza Southwest Taco Salad Crisp Carrot Sticks California Blend Vegetables Minestrone Soup</p>	<p>16 Philly Cheese Steak Sub Tuna Salad on a Whole Wheat Bun Golden Sweet Corn</p>
<p>Breakfast Menu Monday: French Toast Sticks Tuesday: Waffles Wednesday: French Toast Sticks Thursday: Waffles Friday: Bageler Sandwich</p>	<p>19 Crispy Chicken Patty Sandwich Super Sub Cooked Squash Tasty Tater Tots</p>	<p>20 Pasta w/Meatsauce or Marinara Sauce Turkey Club Wrap Steamed Broccoli Florets Garlic Bread</p>	<p>21 Meat or Bean Nacho Grande Chicken Caesar Salad Mexican Rice Refried Beans Fruity Jello w/Whipped Topping</p>	<p>22 Assorted Pizza Egg Salad Sandwich Carrot Coins Fresh Green Pepper Strips</p>	<p>23 Toasted Cheese Sandwich Sliced Bologna Sandwich Hot Tomato Soup Green Beans</p>
<p>Available Daily: Cereal, Juice, Fruit & Milk</p>	<p>26 Hamburger on a Whole Wheat Bun Cheesy Veggie Burger Hot Dog on a Whole Wheat Bun Oven Roasted Sweet Potato Stix</p>	<p>27 Meat or Bean Tacos Chicken BLT Salad Golden Sweet Corn Mexican Rice Refried Beans</p>	<p>28 Hot Ham & Cheese Melt Crispy Chicken Patty Sandwich Steamed Broccoli Florets Homemade Fruit Crisp</p>	<p>29 Assorted Pizza Sliced Turkey Sandwich Green Beans Fresh Baby Carrots</p>	<p>30 Crispy Fish Filet Sandwich Chicken Ranch Wrap Vegetable Alphabet Soup Oven Baked Fries</p>

THE HEALTHY KIDS LUNCHROOM



Free & Reduced Breakfast and Lunch Program

As we say good-bye to summer, we look forward to the start of a brand new school year. Providing healthy meals to all of our students is our number one priority in foodservice.

To make sure all students are adequately nourished, the federal government established the Free and Reduced lunch program. This program, which by the way **guarantees confidentiality**, is designed solely for the purpose of feeding children. Because meals are rung up electronically, there is no way a student can be singled out as participating in the free and reduced lunch program. That means no embarrassment at the cash register!

Families of different sizes and incomes may be eligible for either free or reduced-price school meals. In order to participate, every household with children attending school should complete an application. Eligibility for free or reduced meals is based on Federal income guidelines which are found on the application. After turning in the completed application, you will receive communication from the district foodservice manager.

Not only does the program benefit you, but your school receives federal funding based on the number of approved applications. This money is used for major academic intervention services, numerous tutorial, literacy and pre-k programs and much more.

NOTICE: New applications must be submitted annually by the end of September or your child will be required to pay full price for all meals, even if they have been eligible for free or reduced price meals in the past. So, get the free and reduced applications in as early as possible. Students who are approved for free meals will receive school breakfast and lunch everyday at no charge, reduced price meals cost twenty-five cents per meal. **Snacks and additional items are available at full price.**

Remember you now have access to **PaySchools**, our secure and easy to use **online meal payment system!**



September, 2011

School Lunch...

Did You Know

Most students don't take a complete meal, which includes up to 6 components on their tray. Often students only take the minimum 3 items required. For example, a chicken patty sandwich and milk counts as a meal, but your middle school child can also take 100% fruit juice, a side of broccoli and an apple, plus an extra slice of whole grain bread. Encourage them to take all they are entitled to.

Lunch Entrées



- ✓ **Chicken Pasta Primavera** - A casserole dish with barilla pasta, broccoli and chicken in a sauce topped with shredded cheese.
- ✓ **Chicken Caesar Wrap** - your favorite Chicken Caesar salad in a wrap to go!
- ✓ **Chicken Pasta Salad** - A fresh mixture of popcorn chicken, barilla plus pasta, and a romaine salad mix with our own Caesar dressing.

Visit your district website for more Food Service Information:

Learn about; **PaySchools** ~ see the Cafeteria Menu ~ Get your Free/Reduced Applications ~ Find Nutritional Information ~ Learn more about Healthy Kids Lunchroom.

Breakfast is Available Every Day!

Start your student off on



the right food each morning! Make sure to plan breakfast time in your rou-

tine. No time? Then eat breakfast at school in the cafeteria!

Research shows that students who start the day off with a nutritious breakfast do better in school. This important meal provides the nutrients and energy necessary for children to be able

to concentrate in the classroom. Students who eat breakfast daily get better grades, pay more attention in class and exhibit better behavior than students who routinely skip breakfast.

Stop by your school cafeteria today and have a nutritious breakfast to start your day!

Look for more School Lunch Program Facts in every newsletter!