

SEPTEMBER 2013





CAMPBELL-SAVONA ELEMENTARY

Available Daily
 PBJ Sandwich
 Chef Salad w/Breadstick
 Tossed Salad
 Chilled Fruit Cups
 Fresh Fruit
 Tues. & Thurs. - 100% Fruit Juice
 Chilled Milk

Pricing
 Grades PK-6th \$1.70
 Grades 7th-12th \$1.95
 Reduced \$0.25
 Breakfast \$1.10
 Milk \$0.65
 Snacks \$0.65

Free & Reduced Application Reminder:
 Submit your new application for the 2013-2014 school year by **September 30th, 2013** to guarantee your child will continue to receive appropriate benefits. Those students with no application on file will be **CHANGED TO PAID STATUS.**

Monday	Tuesday	Wednesday	Thursday	Friday
2  Labor Day	3 CONTACT US If you have any questions, comments or concerns. We can be reached at (607) 527-9832 or Email pdrumm@gstbooces.org	4	5 Popcorn Chicken Bites w/Bread Ham & Cheese Deli Sub Traditional Baked Beans Tasty Tater Tots	6 Toasted Cheese Sandwich Turkey Club Sub Seasoned Roasted Potatoes Hot Tomato Soup
9 Crispy Chicken Nuggets w/Bread Sliced Ham Sandwich Cooked Squash	10 Meat & Bean Nacho Grande w/Seasoned Rice Tuna Salad Deli Sub Refried Beans Spinach Greens	11 Chicken Penne Primavera w/Breadstick Sausage Bageler Sandwich Cut Green Beans Homemade Fruit Crisp	12 Assorted Pizza Southwest Taco Salad w/Seasoned Rice Fresh Baby Carrots	13 Homemade Macaroni & Cheese w/Breadstick Turkey Deli Wrap Sweet Peas California Blend Vegetables
16 French Toast Sticks w/Sausage Ham & Cheese on a Bun Sweet Potato Fries	17 Pasta w/Meatsauce & Breadstick Pasta w/Marinara Sauce, Cheese & Breadstick Chicken Caesar Salad w/Breadstick Steamed Broccoli Florets	18 Homestyle Breaded Chicken w/Bread Hot Dog on a Bun Traditional Baked Beans Mashed Potatoes Cinnamon Applesauce Jello	19 Assorted Pizza Yogurt w/Breadstick Carrot Coins Fresh Crisp Celery Sticks	20 Baked Mozzarella Sticks & Marinara Sauce Fish on a Bun Oven Baked Fries Minestrone Soup
23 Crispy Chicken Patty Sandwich Ham Deli Sub Sweet Potato Waffle Fries	24 Chicken Soft Taco w/Seasoned Rice BBQ Pork Rib on a Bun Golden Sweet Corn Refried Beans	25 Mini Pancakes w/Sausage Chicken Ranch Wrap Steamed Broccoli Florets Crispy Golden Hash Brown Fruity Jello w/Whipped Topping	26 Assorted Pizza Italian Meatball Sub Cut Green Beans	27 Homemade Macaroni & Cheese w/Breadstick Sliced Turkey Sandwich Fresh Baby Carrots California Blend Vegetables
30 Cheeseburger on a Bun Cheesy Veggie Burger Hot Dog on a Bun Cooked Squash Tasty Tater Tots	NOTICE: The menu is subject to change without advanced notice.	Free & Reduced Applications are available on the district website or in the district offices.	Check out the Breakfast Menu on the district website or contact the food service cafeteria to have one sent home with your student.	

THE HEALTHY KIDS LUNCHROOM



Free & Reduced Breakfast and Lunch Program

September, 2013

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 inter-

vention 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. **New applications will be published to the district website in August.** 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.**

Prepay your student meal accounts online using PaySchools Online Payment Processing System. You will need to set up your account by calling the cafeteria manager and retrieving your students account ID. Visit your district website for more information.



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 routine. 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!