

SEPTEMBER 2015



ODESSA-MONTOUR ELEMENTARY - GRADES PK-6th

Available Daily

- PBJ Sandwich
- Chef Salad w/Bread Choice*
- Yogurt w/Bread Choice*
- Tossed Salad
- Fresh Vegetables
- Fruit Cups
- Fresh Fruit
- Tues. & Thurs. - 100% Fruit Juice
- Chilled Milk

*Bread Choice = Breadstick or Soft Pretzel

ALL BREAD PRODUCTS ARE WHOLE GRAIN RICH

PRICING:


Grades PK-6	\$1.50
Grades 7-12	\$1.75
Reduced	\$0.25
Breakfast	\$1.15
Milk	\$0.75
Snacks	\$0.75
Adult Lunch	\$3.75

FREE & REDUCED APPLICATION

REMINDER:

Submit your new application for the 2015-2016 school year to guarantee your child will continue to receive appropriate benefits. Those students with no application on file will be **CHANGED TO PAID STATUS IN OCTOBER.**



	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>NOTICE: The menu is subject to change without advanced</p>		<p>POWER UP WITH SCHOOL BREAKFAST!! Check out the Breakfast Menu on the district website or contact the food service cafeteria to have one sent home with your student.</p>		<p>Contact Us if you have any questions, comments or concerns. We can be reached at (607) 594-3341 ext.3939 or Email gfusco@gstboces.org</p>
	<p>7  Labor Day</p>	8	9 Philly Cheese Steak Sub Egg Salad Sandwich Oven Fries Steamed Broccoli Florets Cinnamon Applesauce Jello	10 Baked Mozzarella Sticks & Marinara Sauce Sliced Turkey Sandwich California Blend Vegetables	11 Pizza Dunkers w/Marinara Sauce Buffalo Chicken Wrap Carrot Coins Green Beans
	14 Cheeseburger on a Bun Cheesy Veggie Burger on a Bun Hot Dog on a Bun Baked Beans Sweet Potato Fries	15 Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Egg Salad Sandwich California Blend Vegetables	16 Oven Roasted Chicken w/Pizza Breadsticks Turkey Deli Wrap Mashed Potatoes w/Gravy Green Beans	17 Breakfast Sandwich Chicken Alfredo w/Pizza Breadstick Steamed Broccoli Florets Homemade Fruit Crisp	18 Pepperoni Pizza Cheese Pizza BBQ Pork Rib on a Bun Carrot Coins Minestrone Soup
	21 Crispy Chicken Nuggets w/Pizza Breadstick Ham & Cheese Deli Wrap Squash Baked Beans	22 Chicken Soft Taco w/Mexican Rice Italian Meatball Sub Refried Beans Golden Sweet Corn	23 French Toast Sticks w/Sausage Chicken Ranch Wrap Tater Tots Cinnamon Applesauce Jello	24 Homemade Macaroni & Cheese w/Pizza Breadstick Turkey, Ham & Cheese Wrap Sweet Peas	25 Chicken Wing Pizza Cheese Pizza Sloppy Joe on a Bun Sunset Sip Juice Celery Sticks Steamed Broccoli Florets
	28 Chicken Patty on a Bun Ham & Cheese Sub Sweet Potato Fries	29 Meat or Bean Nacho Grande w/Mexican Rice Tuna Salad Sub Golden Sweet Corn Refried Beans	30 Hot Turkey & Gravy w/Bread Chicken Caesar Salad w/Bread Choice Mashed Potatoes w/Gravy Steamed Broccoli Florets Homemade Fruit Crisp	Free & Reduced Applications are available on the district website or in the district offices.	THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER

THE HEALTHY KIDS LUNCHROOM



Free & Reduced Breakfast and Lunch Program

September, 2015

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 on line 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.



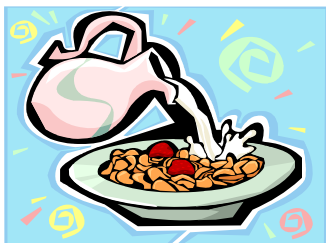
[Visit your district website for more Food Service Information:](#)

[Learn about; PaySchools ~ see the Cafeteria Menu ~ Find Nutritional Information](#)

[Get your Free/Reduced Applications ~ ~ 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.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited basis will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (PDF), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 or email at program.intake@usda.gov.