

# DECEMBER

# 2011

## WATKINS GLEN CENTRAL SCHOOL

**Available Daily**  
Assorted Deli Sandwiches & Subs (HS Only)  
PB & Jelly Sandwich  
Chef Salad  
Fresh Tossed Salad  
Assorted Fresh Vegetables  
Assorted Fruit Cups  
Assorted Fresh Fruit  
Assorted 100% Fruit Juice  
Assorted Chilled Milk

**PRICING**

K-4 Lunch \$1.55  
5-8 Lunch \$1.80  
9-12 Lunch \$1.80  
Reduced \$0.25  
Meals  
Breakfast \$1.00  
Milk \$0.65  
Chips \$0.65  
Ice Cream \$0.65  
Adult \$3.35  
Lunch

**Available Weekly @ Breakfast**  
French Toast Sticks  
Pancakes with Syrup  
Waffles with Syrup  
Breakfast Sandwiches  
Ultimate Breakfast Round

**Available Daily @ Breakfast**  
Smart Choice Bagels & Muffins  
Assorted Cereal Bowls  
Hot Oatmeal  
Granola Bars  
Fresh Fruit  
100% Fruit Juice  
Assorted Chilled Milk

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Contact US</b> if you have any questions, comments or concerns. We can be reached at (607) 535-3214 or E-mail <a href="mailto:gfusco@gstbooces.org">gfusco@gstbooces.org</a> or <a href="mailto:tfinch@gstbooces.org">tfinch@gstbooces.org</a></p>		<p><b>1</b> Pizza Dunkers w/ Marinara Sauce Bologna Deli Sub Carrot Coins</p>	<p><b>2</b> Baked Mozzarella Sticks w/Pasta &amp; Sauce Hot Dog on a Bun Cut Green Beans</p>
<p><b>5</b> French Toast Sticks w/Sausage Turkey Deli Sub Crispy Golden Hash Brown Warm Cinnamon Apple Slices</p>	<p><b>6</b> Hearty Chili Soup w/Cornbread Spinach Dinner Salad Golden Sweet Corn Homemade Fruit Crisp</p>	<p><b>7</b> BBQ Pork Rib on a Bun Chicken Ranch Wrap Cut Green Beans</p>	<p><b>8</b> Assorted Pizza Southwest Taco Salad Vegetable Alphabet Soup</p>	<p><b>9</b> Philly Cheese Steak Sub Sliced Bologna &amp; Cheese Sandwich Mixed Vegetables</p>
<p><b>12</b> Crispy Chicken Patty Sandwich Tuna on a Bun Traditional Baked Beans</p>	<p><b>13</b> Pasta w/Meatsauce or Marinara Sauce Turkey Club Wrap Cut Green Beans Garlic Bread</p>	<p><b>14</b> Toasted Cheese Sandwich Sliced Bologna Sandwich Hot Tomato Soup Fruity Jello w/Whipped Topping</p>	<p><b>15</b> Pizza Dunkers w/ Marinara Sauce Super Sub Carrot Coins</p>	<p><b>16</b> Sloppy Joe on a Whole Wheat Bun Chicken Caesar Salad Golden Sweet Corn</p>
<p><b>19</b> <b>HOLIDAY DINNER</b> Oven Roasted Turkey Mashed Potatoes w/Gravy Country Bread Stuffing Cut Green Beans Homemade Apple Crisp</p>	<p><b>20</b> Mexican Tacos w/Meat or Beans Chicken BLT Salad Golden Sweet Corn Mexican Rice Refried Beans</p>	<p><b>21</b> <b>EARLY DISMISSAL</b> <b>GRAB-N-GO LUNCH: Elem Only</b> PB &amp; Jelly Sandwich or Sliced Turkey Sandwich w/Fresh Fruit, 100% Fruit Juice and Chilled Milk</p>	<p><b>22</b> <b>23</b>  <b>Winter Break!</b> DEC 22nd - JAN 2nd</p>	
<p><b>26</b> </p>	<p><b>27</b> <b>NOTICE:</b> The menu is subject to change without advanced notice.</p>	<p><b>28</b> </p>	<p><b>29</b></p>	<p><b>30</b> <b>NEW YEAR'S EVE!!</b> </p>

# THE HEALTHY KIDS LUNCHROOM



## Watkins Glen Central School District

### Guidelines and Procedures for the Handling of Meal Charges December, 2011

- If a student has an outstanding balance in his/her account, the purchasing of snacks will not be permitted.
- Students who have exceeded the \$10 charge limit will be provided a choice of a **peanut butter and jelly sandwich or a cheese sandwich and white milk for lunch or cold cereal, fruit and white milk for breakfast**. A note will then be sent from the cafeteria to parents notifying them of charges due and that an alternate meal has been served.
- If necessary, the alternate meal will be provided until the account is paid in full; should charges remain unpaid, phone calls will be placed to the home:
  - Notifying the parent of current charges due.
  - Informing parents that a free and reduced meal application is available for completion.
  - Informing parents of prepayment of meal option through Pay Schools.
  - Alerting parents that the principal will be notified if the problem continues.
- Weekly letters will be mailed to parents of students having charges of \$5 or more.
- If the above measures do not gain a response, the principal will intervene:
  - Through phoning parents, requesting that payment be made.
  - Via letter notifying parents that should the account remain unpaid, meals will no longer be offered to the student. A free and reduced meal application will be included in the mailing.

#### School Lunch...

#### Did You Know?

- The USDA Guidelines requires School lunches to have no more than 30% of calories that come from fat, less than 10% from saturated fat.
- Meals must provide 1/3 of Recommended Dietary Allowances of protein, vitamin A and C, iron, and calcium.
- Many students only choose to take three of the five items offered for a nutritious meal.

**Look for more School Lunch Program Facts in every newsletter!**



#### Lunch Entrées

- Pasta Fazool with a breadstick - a hearty Italian soup with penne noodles, Great Northern beans, and heart healthy veggies.
- Turkey Noodle Soup with a dinner roll - a home-made soup full of Barilla pasta, turkey, and vegetables.
- Chili with Cornbread - A spicy combination of beans and beef served with cornbread.

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.



## The Fittest Food



Nutritious foods give your family the most vitamins, minerals and other nutrients for the fewest calories. **Naturally nutritious foods make your child's calories count.** These foods include; brightly colored fruits and 100% fruit juices; Vibrant-colored vegetables; lean meat, skinless poultry, fish, eggs, beans, nuts;

fat-free and low fat milk, cheese and yogurt; whole fortified, and fiber-rich grain foods.

**Here are some tips to help your kids eat healthier;**

- Combine whole grain/high-fiber cereals with your child's favorite cereal. Make your own pizza with prepared whole wheat dough, a few

veggies, and part-skim mozzarella cheese.

- Children age 2 and older; slowly step down from whole milk to low fat to fat-free milk.
- For more healthier tips visit [www.letsgo.org](http://www.letsgo.org)