

# SEPTEMBER 2010



Welcome

**Cohen  
Elementary & Middle  
School**



monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p><b>LABOR DAY</b></p>	<p>7</p> <p>Get off to a <b>Good Start,</b> Eat <i>Breakfast!</i></p>	<p>8</p> <p>Crispy Chicken Nuggets Hamburger on a Whole Wheat Bun Steamed Broccoli Florets</p>	<p>9</p> <p>Pizza Dunkers w/ Marinara Sauce Bologna Deli Sub Carrot Coins</p>	<p>10</p> <p>BBQ Pork Rib Sandwich Turkey Deli Sub Winter Blend Vegetables</p>
<p>13</p> <p>French Toast Sticks w/ Sausage Tuna Salad Deli Sub Carrot Coins</p> <p><u>Breakfast for Lunch</u></p>	<p>14</p> <p>Meat Tacos <i>New Entree:</i> <u>Spinach Dinner Salad</u> Golden Sweet Corn Mexican Refried Beans</p>	<p>15</p> <p><i>New Entree:</i> Asian Beef Teriyaki Hot Dog on a Whole Wheat Bun Steamed Brown Rice Green Beans</p>	<p>16</p> <p>Assorted Pizza <i>New Entree:</i> <u>Southwest Taco Salad</u> Minestrone Soup Homemade Fruit Crisp</p>	<p>17</p> <p>Homemade Macaroni &amp; Cheese Sliced Turkey Sandwich Spinach Greens</p>
<p>20</p> <p>Crispy Chicken Nuggets Sliced Ham &amp; Cheese Sandwich California Blend Vegetables</p>	<p>21</p> <p>Nacho Grande Supreme <i>New Entree:</i> <u>Chicken Caesar Salad</u> Mexican Rice Mexican Refried Beans</p>	<p>22</p> <p>Pasta w/Meatsauce or Marinara Sauce Turkey Club Wrap Sweet Mashed Potatoes Garlic Bread Fruit Jello w/ Whipped Topping</p>	<p>23</p> <p>Pizza Dunkers w/ Marinara Sauce Egg Salad Sandwich Carrot Coins</p>	<p>24</p> <p>Toasted Cheese Sandwich Sliced Bologna Sandwich Tomato Soup Corn &amp; Green Bean Medley</p> <p><u>Soup &amp; Sandwich Day</u></p>
<p>27</p> <p>Hamburger or Hot Dog on a Whole Wheat Bun <i>New Side: Cooked Squash</i> Traditional Baked Beans</p>	<p>28</p> <p>Meat Tacos <i>New Entree:</i> <u>Chicken BLT Salad</u> Golden Sweet Corn Mexican Rice Mexican Refried Beans</p>	<p>29</p> <p><i>New Entree:</i> <u>Sweet N Sour Chicken</u> Sliced Ham Sub Steamed Broccoli Florets Steamed Brown Rice Homemade Fruit Crisp</p>	<p>30</p> <p>Cheesy Pizza Sliced Turkey Sandwich Green Beans</p>	<p></p> <p>See menu back for more school lunch &amp; nutritional information...</p>

Free and Reduced Applications are available in your school. Apply for your benefits today. Applications may be picked up in the cafeteria or call 733-5854 and one will be sent to your home. ALL INFORMATION IS CONFIDENTIAL.

**SUBSTITUTE FOOD SERVICE WORKERS NEEDED:** This is great for people w/school aged children. Work school hours and days. Call 733-5854 or go to the District Office for an application.



**2010-2011 Pricing**

K-5 Lunch	\$1.20
6-12 Lunch	1.40
Reduced Lunch	0.25
Breakfast	1.00
Milk	0.60
Snacks	0.60
Adult Lunch	3.25



**Start Your Day Off Right!**

**Breakfast Available Daily**



Assorted Fresh Fruit  
Cereal bowls  
Smart Choice Assorted Muffins  
Smart Choice Bagel  
Chilled Milk  
100% Fruit Juice

**Weekly Specials** include French Toast Sticks, pancakes, waffles.



**Available Daily at Lunch**



PBJ on Whole Grain Bread  
Fresh Chef Salad  
Fresh Garden Salad  
Whole Grain Bread  
Assorted Fruit Cups  
Assorted Fresh Fruit  
Assorted Fresh Vegetables  
Assorted 100% Juice  
Chilled Milk  
Pepperoni Pizza (High School Only)

ELMIRA HEIGHTS CAFETERIA NEWS

## Nutrition Tidbits



**Whether at home or at school, children who eat breakfast:**

- ◆ Perform better academically, and get higher test scores on standardized test.
- ◆ Have better memory recall, and are able to concentrate better
- ◆ Have fewer disciplinary problems.
- ◆ Visit the school nurse less often
- ◆ Are absent or tardy less often.
- ◆ Are less likely to be overweight or obese.
- ◆ Have more nutrients, fiber, protein, and vitamins in their diet.
- ◆ Eat more fruits, drink more milk, and consume less saturated fat than other students.

Breakfast is offered daily in the school cafeteria with a variety of breakfast items to offer. Come visit and start your day out right!



## Snacks

**Parents:** You can limit the number of A La Carte snacks, such as ice cream or chips, by calling the Food Service Manager.



**NEW ITEMS FOR 2010—2011**

- Spinach Salad
- Chicken BLT Salad
- Chicken Caesar Salad
- Mandarin Orange Chicken Salad
- Southwest Taco Salad
- Sweet n Sour Chicken over Steamed Brown Rice
- Teriyaki Chicken or Beef over Steamed Brown Rice
- General's Kickin' Chicken



# Welcome Back

FREE AND REDUCED MEAL APPLICATIONS ARE DUE TO THE FOOD SERVICE OFFICE AS SOON AS POSSIBLE!

If your child qualified for free or reduced meal prices last year, you are still required to fill out and return the enclosed application or your direct certification letter as soon as possible in order for that to continue. If the school food service office does not receive the new completed application by September 30, 2010, then your child will be charged full price for all meals starting October 1st. If your child has not been approved for free or reduced meals in the past, please get your completed application in prior to the start of the school year in order to receive your approval or denial before school starts.

**Here are some important facts regarding applications:**

- Only complete applications can be approved.
- Information provided on applications is kept strictly confidential. Our cash registers also allow for strict confidentiality. No one can tell who is free or reduced!
- If a family member becomes unemployed, or if your family size increases contact the school anytime during the year to update or submit and application.

**Get Your Child's Application in Today!**



You can prepay your Student Meal Accounts online using our PaySchools Online Payment Processing System!



Contact us if you have any questions, comments or concerns. We can be reached at (607) 733-5854 or E-mail [kcrouse@gstbooces.org](mailto:kcrouse@gstbooces.org) or [gfusco@gstbooces.org](mailto:gfusco@gstbooces.org)