

# DECEMBER

# 2011

**Cohen  
Elementary & Middle  
School**

Monday

Tuesday

Wednesday

Thursday

Friday

**Available Daily**

PB & Jelly Sandwich  
Chef Salad  
Pizza (High School Only)  
Fresh Tossed Salad  
Assorted Fruit Cups  
Assorted Fresh Vegetables  
Assorted 100% Fruit Juice  
Assorted Chilled Milk



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



**1**  
Assorted Pizza  
Turkey Deli Sub  
Carrot Coins  
Fruity Jello w/Whipped Topping

**2**  
Homemade Macaroni & Cheese  
Buffalo Chicken Wrap  
Cut Green Beans  
Dinner Roll

**5**  
French Toast Sticks w/Sausage  
Turkey Deli Sub  
Sweet Peas

**6**  
Mexican Tacos w/Meat or Beans  
Spinach Dinner Salad  
Refried Beans

**7**  
**HALF DAY**  
**GRAB-N-GO LUNCH**  
PB & Jelly Sandwich or  
Cheese Stick & Yogurt w/Fresh Fruit & Chilled Milk

**8**  
Popcorn Chicken Bites  
Southwest Taco Salad  
Seasoned Rice  
Minestrone Soup

**9**  
Philly Cheese Steak Sub  
Tuna Salad on a Whole Wheat Bun  
California Blend Vegetables

**PRICING**

K-5 Lunch \$1.25  
6-12 Lunch \$1.45  
Reduced \$0.25  
Lunch  
Breakfast \$1.00  
Milk \$0.65  
Snacks \$0.65

**12**  
Crispy Chicken Patty Sandwich  
Super Sub  
Sweet Potato Fries

**13**  
Pasta w/Meatsauce or Marinara Sauce  
Turkey Club Wrap  
Cut Green Beans  
Garlic Bread  
Fruit Crisp w/Whipped Topping

**14**  
Nacho Grande w/Meat or Beans  
Chicken Caesar Salad  
Refried Beans

**15**  
Pizza Dunkers w/ Marinara Sauce  
Egg Salad Sandwich  
Mixed Vegetables

**16**  
Toasted Cheese Sandwich  
Pasta Fazool w/Cheesy Garlic Breadstick  
Hot Tomato Soup

**19**  
Hamburger on a Whole Wheat Bun  
Cheesy Veggie Burger  
Hot Dog on a Whole Wheat Bun  
Traditional Baked Beans

**20**  
Mexican Tacos w/Meat or Beans  
Chicken BLT Salad  
Golden Sweet Corn  
Refried Beans

**21**  
Crispy Chicken Nuggets  
Sliced Ham Sandwich  
Steamed Broccoli Florets

**22**  
Hearty Chili Soup w/Corn Bread  
Sliced Turkey Sandwich  
Cut Green Beans  
Tasty Tater Tots

  
**WINTER BREAK**  
Dec 23rd - Jan 2nd

**Breakfast Menu**

Cereal Bowls  
Smart Choice Muffins & Bagels  
Assorted Fresh Fruit  
Assorted 100% Fruit Juice  
Assorted Chilled Milk

Weekly Specials include fresh toast sticks, pancakes and waffles

**26**  
**Happy Holidays!**

**27**  
**NOTICE:**  
The menu is subject to change without advanced notice.

**28** **29**  
**Let it snow**  
**Let it snow!**

**30**  
**NEW YEAR'S EVE!!**



# THE HEALTHY KIDS LUNCHROOM



## Do you suffer from Portion Distortion?

Over the past 30 years, portion have become larger in size. What society considers "normal" is actually enough food to feed two or three people. School food service surveys reflect portion distortion from request for larger portions when portions are appropriate for age. How can you avoid portion distortion? These few tips will help you keep your portions in check.

- **Be a mindful eater and foster mindfulness in your child.** Being a mindful eater is being free of reactive, habitual patterns of thinking, feeling, and acting around food.
- **Know the difference between a portion and a serving.** A portion is the amount of food you choose to eat. A serving

is a standard measured amount.

- **Eat healthy snacks between meals and provide them to your children.** Keep ravenous hunger at bay by feeding small frequent feedings instead of two or three small meals.
- **Read the labels carefully.** Many packaged foods and drinks look as if they provide one serving, but they actually contain two or more. Be sure you check the package for the number of servings first then eat or drink a single serving.
- **Use smaller dishes.** Food psychologist Brian Wansink, author of Mindless Eating invited 85 food experts to an ice cream social and gave them a

small or large bowl and a small or large scoop. Even the experts served 31% more ice cream (127 more calories) in the large bowl and 15% more (60 calories) from the big spoon. Try using smaller plates and bowls for your meals.

- **Substitute veggies.** Fill out your plate with veggies like celery or carrots, or peppers. They help you feel full without extra calories.
- **Wait before you go for seconds.** If your hungry for more, wait 10-15 minutes. Your stomach needs time to signal the brain that it's satisfied.
- **Test your portion IQ** by taking the portion distortion interactive quiz at [HTTP://HP2010.NHLBIHIN.NET/PORTION/INDEX.HT](http://HP2010.NHLBIHIN.NET/PORTION/INDEX.HT)

December, 2011

### 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!**

**NEW**

#### 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.lets-go.org](http://www.lets-go.org)