



DECEMBER

2011



Arkport Central School

Monday

Tuesday

Wednesday

Thursday

Friday

Available Daily

PB & Jelly Sandwich
 Cheese Sandwich
 Fresh Chef Salad
 Fresh Tossed Salad
 Assorted Fruit Cups
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice
 Assorted Chilled Milk
 Assorted Pizza
 Assorted Subs & Wraps

PRICING

K-6 Lunch \$1.80
 7-12 Lunch \$2.05
 Reduced \$0.25
 Meal
 Breakfast \$1.00
 Milk \$0.60
 Ice Cream \$0.60
 Adult \$3.35
 Lunch

Breakfast Menu

Monday: French Toast
 Tuesday: Breakfast Pizza
 Wednesday: Breakfast Sandwich
 Thursday: Waffles
 Friday: Breakfast Sandwich

Available Daily

Assorted Cereal, Bagels, Muffins, 100% Fruit Juice & Assorted Chilled Milk



5 French Toast Sticks w/Sausage
 Turkey Deli Sub
 Crispy Golden Hash Brown
 Warm Cinnamon Apple Slices

12 Hot Dog on a Whole Wheat Bun
 Super Sub
 Traditional Baked Beans

19 Crispy Chicken Patty Sandwich
 Ham & Cheese Deli Sub
 Steamed Broccoli Florets
 Steamed Brown Rice



Contact Us if you have any questions, comments or concerns. We can be reached at (607) 324-3759 or E-mail tswisher@gstbooces.org

6 Mexican Tacos w/Meat or Beans
 Chicken BLT Salad
 Refried Beans
 Mexican Rice

13 Baked Mozzarella Sticks w/Pasta & Sauce
 Turkey Club Wrap
 Steamed Broccoli Florets
 Garlic Bread

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

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



7 Chicken Penne Primavera
 Sliced Ham Sandwich
 Fruit & Yogurt Parfait
 Italian Mixed Vegetables
 Homemade Fruit Crisp

14 Nacho Grande w/Meat or Beans
 Chicken Caesar Salad
 Fruity Jello w/Whipped Topping

21 Crispy Chicken Nuggets
 Chicken Caesar Salad
 Sweet Potato Fries



1 BBQ Chicken
 Bologna Deli Sub
 Fresh Baby Carrots
 Raw Cucumber Slices

8 Italian Meatball Sub
 Southwest Taco Salad
 Fresh Green Pepper Strips
 Fresh Baby Carrots
 California Blend Vegetables

15 Chicken Strip Sub
 Egg Salad on a Whole Wheat Bun
 Crisp Celery Sticks
 Fresh Green Pepper Strips
 Pumpkin Crunch



2 Homemade Macaroni & Cheese
 Sliced Turkey Sandwich
 Steamed Broccoli Florets
 Dinner Roll

9 BBQ Pork Rib Sandwich
 Tuna Salad Deli Sub
 Golden Sweet Corn

16 Toasted Cheese Sandwich
 Bologna Deli Sub
 Hot Tomato Soup

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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