



DECEMBER

2011



Hornell High School

Monday

Tuesday

Wednesday

Thursday

Friday

HOT EXPRESS CHOICES

**Crispy Chicken Sandwich
Cheeseburger
OFFERED DAILY!!**

MON/WED/FRI:
Oven Baked Fries



Smart Choices

**Come check out
the wide variety
of foods that are
available!!**



1 BBQ Chicken
Fresh Baby Carrots
Raw Cucumber
Slices

2 Homemade
Macaroni &
Cheese
Steamed Broccoli
Florets
Dinner Roll

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

DAILY PIZZA SPECIALS

Monday:

Garlic, Chicken Wing & Pepperoni

Tuesday:

Veggie Lovers, Four Cheese &
Pepperoni

Wednesday:

Chicken Wing, Four Cheese &
Pepperoni

Thursday:

Meat Lovers, Veggie Lovers &
Pepperoni

Friday:

Chicken Wing, Four Cheese &
Pepperoni

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

6 Mexican Tacos
w/Meat or Beans
Refried Beans
Mexican Rice

7 Chicken Penne
Primavera
Italian Mixed
Vegetables
Homemade Fruit
Crisp

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

9 BBQ Pork Rib
Sandwich
Golden Sweet Corn

Available Daily
**Assorted Cereal,
Smart Choice Bagels
& Muffins, 100% Fruit
Juice & Assorted
Chilled Milk**

12 Hot Dog on a Whole
Wheat Bun
Traditional Baked
Beans

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

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

15 Chicken Strip Sub
Crisp Celery Sticks
Fresh Green Pepper
Strips
Pumpkin Crunch

16 Toasted Cheese
Sandwich
Hot Tomato Soup

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

Grab-N-GO

Pre-Packaged

Specialty Salads

& Sandwiches

Chilled Fruit Cups

Fresh Fruit

Fruit & Yogurt

Parfait

Jello Cups

100% Fruit Juices

V-8 Fruit Juice

Variety of Chilled

Milk

Bottled Water

Specialty

Salads

Monday:

Caesar Salad

Tuesday:

Chicken Caesar

Salad

Wednesday:

Julienne Salad

Thursday:

Chicken Caesar

Salad

Friday:

Julienne Salad

19 Crispy Chicken
Patty
Sandwich
Steamed Broccoli
Florets

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

21 Crispy Chicken
Nuggets
Sweet Potato Fries



Winter Break!

DEC 22nd - JAN 2nd

26 Happy
Holidays!

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

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

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



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

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