



DECEMBER

2011



**Bryant
North Hornell
Intermediate
Elementary Schools**

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

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

Smart Choices



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



1 Assorted Pizza
Bologna Deli Sub
Fresh Baby Carrots
Raw Cucumber Slices

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

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

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

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

8 Pizza Dunkers w/ Marinara Sauce
Southwest Taco Salad
Fresh Green Pepper Strips
Fresh Baby Carrots
California Blend Vegetables

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

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

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

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

15 Assorted Pizza
Egg Salad on a Whole Wheat Bun
Crisp Celery Sticks
Fresh Green Pepper Strips
Pumpkin Crunch

16 Toasted Cheese Sandwich
Bologna Deli Sub
Hot Tomato Soup

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

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

21 Crispy Chicken Nuggets
Chicken Caesar Salad
Sweet Potato Fries

22  **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 snow
Let it snow!**

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

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

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