

September  
2009

# HORNELL CAFETERIA NEWS



2009 -2010  
MENU ITEMS

Asian Cuisine – Variety of meat and/or vegetable stir fry served over brown rice.  
Philly Cheesc Steak – Beef strips with cheese served on whole wheat roll.

Popcorn Chicken  
New Hot Dogs  
New Hamburgers

HEALTHY DESSERTS:  
Fruited Gelatin  
Pumpkin Crunch  
Fruit Crisp

## AVAILABLE DAILY AT LUNCH:

Pizza (High School Only)  
Assorted Subs (High School Only)  
PBJ Sandwich  
Cheese Sandwich  
Chef Salad  
Tossed Salad  
Assorted Canned Fruit  
Assorted Fresh Fruit  
Assorted Juice  
Milk

## 2009-2010 PRICING

Breakfast	\$1.00
K-6 Lunch	\$1.75
7-12 Lunch	\$2.00
Reduced Meals	.25¢
Milk	.60¢
Ice Cream	.60¢
Adult Lunch	\$3.25

# 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, 2009, 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 an application.

**START YOUR DAY OFF RIGHT WITH BREAKFAST! We offer an assortment of breakfast items in all of our cafeterias every day:**

Monday - French Toast

Tuesday - Breakfast Pizza

Wednesday - Breakfast Sandwich

Thursday - Waffles

Friday - Breakfast Sandwich

Available Daily - Assorted cereal, bagels, muffins, fruit, juice, and milk.



As we begin the 2009-2010 School Year, Food Service is continually moving toward a healthier student. USDA Guidelines have required many changes to the lunch meal, including a reduction of sodium, sugar, fat and an increase in fiber and iron. These challenges impact the types of foods we serve, such as 100% Whole Wheat breads, rice, and pasta. Please help us transition students to a healthier diet by encouraging healthy eating habits at home. Thank you and we look forward to serving satisfied students!

# Good Health is ALWAYS on our menu!

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