

Breakfast & Lunch Menus for February 2020 ELEMENTARY SCHOOLS

BINGHAMTON CITY SCHOOL DISTRICT

MENUS ARE SUBJECT TO CHANGE.

This institution is an equal opportunity provider and employer.

AVAILABLE DAILY

Friday's Only
February 28th-April 3rd
Fish Sandwich

Pre-K Meals in Classroom USDA Regulations

- Only skim milk or 1% unflavored milk offered.
- Juice offered only at breakfast.
- No Taco Chips - flour tacos will be offered.
- No Hot Dogs - alternate meal will be offered.
- No Bone in Chicken - alternate meal will be offered.
- Breakfast Break Cereal Option - Cinnamon Toast Crunch only.
- All other cereal options 6 grams or less.

EMPLOYMENT
Opportunities

The Binghamton City School District
Food Service Department
is currently seeking

Part-Time Food Service Helpers

Applications can be found on the website
at www.binghamtonschools.org.
Must have a high school diploma or
GED and reliable transportation.

For information,
please call (607) 762-8218.

Available Daily

Sandwiches:

Monday-Wednesday-Friday - Turkey & Cheese
Tuesday & Thursday - Ham & Cheese
PB&J or Yogurt Meal (available daily)

Milk Options:

Fat Free White
1% White
1% Chocolate
Lactaid

Juice:

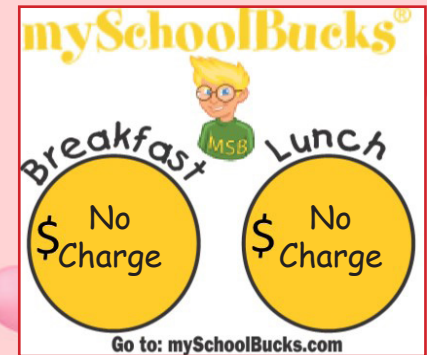
available daily

Daily Breakfast Options:

Student's must select one fruit and/or juice (pick one or two).

Ice Cream:

\$.80 and \$1.00



SALADS

Wed., February 5 - Popcorn Chicken
Wed., February 12 - Turkey Bacon Ranch
Wed., February 19 - Chicken Spiedie
Wed., February 26 - Chef Salad

Shaded boxes: Food item(s) may contain pork.

Mon., February 3

Breakfast

Frudel
OR
Cereal w/ Muffin Top
Low Fat Milk

Pre-K

Mini Waffles

Lunch

Popcorn Chicken
Mashed Potatoes
Glazed Carrots
NY Fresh Apple
Low Fat Milk

Tues., February 4

Breakfast

Breakfast Breads
OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

Fruit & Yogurt Parfait
Mozzarella String Cheese
Scooby Grahams
w/ Chocolate Hummus
Veggie Cruncher Cup
w/ Dip
Chilled Peaches
Low Fat Milk

Wed., February 5

Breakfast

Breakfast Bagel Pizza
OR
Cereal w/ Muffin Top
Low Fat Milk

Brunch at Lunch

French Toast Sticks
Turkey Sausage Patty
Potato Puffs
Fresh Orange
Low Fat Milk

Thurs., February 6

Breakfast

Ultimate Breakfast Round
& Yogurt OR
Cereal w/ Muffin Top
Low Fat Milk

Pre-K

Yogurt w/
Cinnamon Grahams

Lunch

Southwest Chicken Chili
NY Baked French Fries
Corn Muffin
NY Peach Cup
Low Fat Milk

NY THURSDAY

Fri., February 7

Breakfast

Breakfast Sandwich
OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

Cheese Pizza Rounds
Romaine Salad
w/ Chickpeas
Assorted Fresh Fruit
Low Fat Milk

Mon., February 10

Breakfast

Cinnamon Bun
OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

Cheeseburger on a Bun
w/ Lettuce & Tomato
Savory Sweet Potato Fries
Green Beans
NY Fresh Apple
Low Fat Milk

Tues., February 11

Breakfast

Cinnamon Bun
& Yogurt OR
Cereal w/ Muffin Top
Low Fat Milk

Pre-K

Yogurt w/
Cinnamon Grahams

Lunch

Taco Salad
Assorted Toppings
Taco Seasoned Rice
Corn
Chilled Mix Fruit
Low Fat Milk

Wed., February 12

Breakfast

Breakfast Pizza
OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

Lupo's Chicken
Spiedie Sub
Harvest Cheddar
Sun Chips
Veggie Cruncher Cup
w/ Hummus & Dip
Fresh Banana
Low Fat Milk

Thurs., February 13

Breakfast

French Toast Sticks
w/ Syrup
OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

Breaded Mozzarella Sticks
w/ Dipping Sauce
Side of Pasta
Romaine Salad
w/ Chickpeas
Assorted Fresh Fruit
Low Fat Milk

Fri., February 14



Mid-Term Recess

Valentine's Day

FEBRUARY FARM TO SCHOOL HIGHLIGHT



ON FEBRUARY 6TH, OUR NY THURSDAY MEAL WILL BE SOUTHWEST CHICKEN CHILI FEATURING LOCAL BUTTERNUT SQUASH, A BAKED POTATO, AND LOCAL FRUIT CUP ON THE SIDE.

ON FEBRUARY 20TH, OUR NY THURSDAY MEAL WILL FEATURE A LOCAL ALL-BEEF NO-NITRATE HOT DOG, WITH A SIDE OF GREEN BEANS, NY POTATO CHIPS, AND ABC SALAD ON THE SIDE.

LET'S SUPPORT OUR LOCAL FOOD SYSTEM TOGETHER!



DON'T 4GET!

To make a lunch, choose at least one



and 3-5 items total

Mon., February 17



NO SCHOOL

Mid-Term Recess

Tues., February 18

Breakfast

Breakfast Breads
OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

Chicken Nuggets w/ Dipping Sauce
Wheat Dinner Roll
Mashed Potatoes
Glazed Carrots
NY Fresh Apple
Low Fat Milk

Wed., February 19

Breakfast

Bagel Breakfast Pizza
OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

Grilled Cheese Sandwich
Tomato Soup
Fresh Cucumbers w/ Dip
Fresh Orange
Low Fat Milk

Thurs., February 20

Breakfast

Ultimate Breakfast Rounds & Yogurt OR
Cereal w/ Muffin Top
Low Fat Milk

Pre-K

Yogurt w/ Cinnamon Grahams

NY THURSDAY INDOOR PICNIC

NY Hot Dog on Bun
NY Potato Chips
Green Beans
NY ABC Salad (Apple, Beet, Carrot)
Pudding Dirt Cup
Low Fat Milk

Pre-K

Cheeseburger on a Bun

Fri., February 21

Breakfast

Breakfast Sandwich OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

Homemade Pizza
Cheese or Pepperoni
Romaine Salad w/ Chickpeas
Assorted Fresh Fruit
Low Fat Milk



What's on **YOUR** plate?

Make this the year you eat more fruits and veggies. And let us help!

Half your plate should be fruits and vegetables! They're low in calories and fat and high in fiber, flavor, color, and convenience. Plus, there are so many different varieties of fruits and veggies that you'll never get tired of them! They're nutritious, delicious, and fun to eat – with a meal or as a quick, natural snack. **And whenever you choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!**



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Mon., February 24

Breakfast

Mini Pancakes
OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

Chicken Patty on Bun
Sweet Potato Crinkle Fries
Mixed Vegetables
NY Fresh Apple
Low Fat Milk

Tues., February 25

Breakfast

Cinnamon Bun & Yogurt OR
Cereal w/ Muffin Top
Low Fat Milk

Pre-K

Yogurt w/ Cinnamon Grahams

Lunch

Tacos on a Shell
Assorted Toppings
Taco Seasoned Rice
Corn
Chilled Applesauce
Low Fat Milk

Wed., February 26

Breakfast

Breakfast Pizza
OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

Cheese Ravioli w/ Sauce
Garlic Bread Stick
Veggie Cruncher Cup w/ Hummus & Dip
Fresh Banana
Low Fat Milk

Thurs., February 27

Breakfast

French Toast Sticks w/ Syrup
OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

NY Chicken Mac & Cheese Biscuit
Steamed Broccoli
Chilled Mixed Fruit
Low Fat Milk

Fri., February 28

Breakfast

Breakfast Croissant Sandwich OR
Cereal w/ Muffin Top
Low Fat Milk

Lunch

Stuffed Crust Pizza
Romaine Salad w/ Chickpeas
Assorted Fresh Fruit
Low Fat Milk