

Available Daily

Sandwiches:

Monday-Wed.-Friday—Turkey & Cheese
 Tuesday & Thursday—Ham & Cheese
 PB&J or Yogurt Meal (available daily)
 Parfaits

Deli Bar - East Middle only

Milk Options:

Fat Free White Juice:
 1% White available daily
 1% Chocolate
 Lactaid

Daily Breakfast Options:

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

Ice Cream:

\$.80 and \$1.00

Salads

Feb. 3 - Feb. 7 - Popcorn Chicken
 Feb. 10 - Feb. 13 - Turkey Bacon Ranch
 Feb. 18 - Feb. 21 - Chicken Spiedie
 Feb. 24 - Feb. 28 - Chef Salad

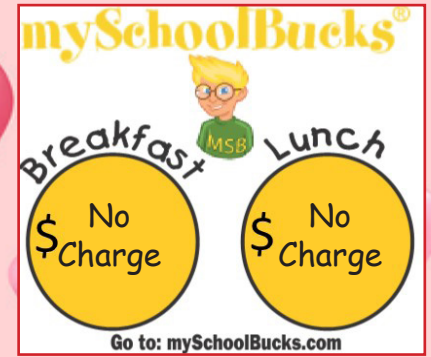
Breakfast & Lunch Menus for February 2020

EAST & WEST MIDDLE 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

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

Mon., February 3	Tues., February 4	Wed., February 5	Thurs., February 6	Fri., February 7
<p><u>Breakfast</u> Frudel OR Cereal w/ Muffin Top Low Fat Milk</p> <p><u>Lunch</u> Popcorn Chicken Mashed Potatoes Glazed Carrots NY Fresh Apple Low Fat Milk</p>	<p><u>Breakfast</u> Breakfast Breads OR Cereal w/ Muffin Top Low Fat Milk</p> <p><u>Lunch</u> Tangerine Breaded Chicken NY Veggie Egg Roll Seasoned Brown Rice Steamed Broccoli Baby Carrots w/ Hummus & Dip Chilled Peaches Low Fat Milk</p>	<p><u>Breakfast</u> Breakfast Bagel Pizza OR Cereal w/ Muffin Top Low Fat Milk</p> <p><u>Brunch at Lunch</u> French Toast Sticks Turkey Sausage Patty Potato Puffs Fresh Orange Low Fat Milk</p>	<p><u>Breakfast</u> Ultimate Breakfast Round & Yogurt OR Cereal w/ Muffin Top Low Fat Milk</p> <p><u>Lunch</u> Southwest Chicken Chili NY Baked French Fries Corn Muffin NY Peach Cup Low Fat Milk</p> <p>NY THURSDAY</p>	<p><u>Breakfast</u> Breakfast Sandwich OR Cereal w/ Muffin Top Low Fat Milk</p> <p><u>Lunch</u> Pizza Rounds Cheese or Buffalo Romaine Salad w/ Chickpeas Assorted Fresh Fruit Low Fat Milk</p>
Mon., February 10	Tues., February 11	Wed., February 12	Thurs., February 13	Fri., February 14
<p><u>Breakfast</u> Mini Pancakes OR Cereal w/ Muffin Top Low Fat Milk</p> <p><u>Lunch</u> Cheeseburger on a Bun w/ Lettuce & Tomato Savory Sweet Potato Fries Green Beans NY Fresh Apple Low Fat Milk</p>	<p><u>Breakfast</u> Cinnamon Bun & Yogurt OR Cereal w/ Muffin Top Low Fat Milk</p> <p><u>Lunch</u> Taco Salad Assorted Toppings Taco Seasoned Rice Corn Chilled Mix Fruit Low Fat Milk</p>	<p><u>Breakfast</u> Breakfast Pizza OR Cereal w/ Muffin Top Low Fat Milk</p> <p><u>Lunch</u> Lupo's Chicken Spiedie Sub Harvest Cheddar Sun Chips Veggie Cruncher Cup w/ Hummus & Dip Fresh Banana Low Fat Milk</p>	<p><u>Breakfast</u> French Toast Sticks w/ Syrup OR Cereal w/ Muffin Top Low Fat Milk</p> <p><u>Lunch</u> Breaded Mozzarella Sticks w/ Dipping Sauce Side of Pasta Romaine Salad w/ Chickpeas Assorted Fresh Fruit Low Fat Milk</p>	<p>NO SCHOOL</p> <p><i>Mid-Term Recess</i></p> <p><i>Valentine's Day</i></p>



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.

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



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/ovramid.html

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

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

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

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

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