



November 2009

Mon	Tue	Wed	Thu	Fri
French 2 Hamburger or Cheeseburger on a Bun Pickle Chips Oven Baked Fries Chilled Pears	Week 3 Breakfast Brunch French Toast Sticks Sausage Patties Cinnamon Applesauce Orange Juice Elem. Chef Salad	at the 4 Cheesy Beef Bowl Beef Crumbles w/Gravy Over Mashed Potatoes Topped w/ Cheese Sliced Bread Mandarin Oranges Elem. Chef Salad	High 5 K-4 Hotdog on a Bun 5-12 Hoffman Hotdog on Bun Green Beans Blueberry Crisp	School 6 Cheeseburger Pizza Garden Peas Chilled Peaches
Celebrate 9 Grilled Cheese Sandwich Tomato Soup Whole Kernel Corn Applesauce	K-4 Chicken Patty on Bun 5-12 Buffalo Chicken Wrap Garden Peas Diced Peaches	No School Veteran's Day 	Spaghetti w/Meat Sauce Crisp Garden Salad Sliced Bread Mixed Fruit	PIZZA 13 Stuff Crust Cheese Steamed Green Beans Chilled Pears
Sloppy Joe on Bun Crispy French Fries Chilled Peaches	Tiger's Tasty Tacos Seasoned Meat, Lettuce, Salsa and Cheese Steamed Corn Mandarin Oranges Elem. Chef Salad	K-4 Popcorn Chicken 5-12 Chicken Tenders Seasoned Rice Steamed Green Beans Strawberry Cup Elem. Chef Salad	Holiday Dinner 19 Turkey and Gravy Whipped Potatoes Steamed Carrots Cranberry Sauce Sunshine Bar	French Bread Pizza Garden Peas Chilled Pears
Hamburger or Cheeseburger on a Bun Pickle Chips Oven Baked Fries Chilled Pears	K-4 Hot Dog on Bun 5-12 Buffalo Chicken Wrap Steamed Corn Mandarin Oranges	No School Thanksgiving Break		No School Thanksgiving Break
Grilled Cheese Sandwich Tomato Soup Steamed Green Beans Diced Peaches	Elementary students have a choice of the menu entrée or sandwich. Fruits and vegetables are offered with all meals. Choice of milk daily. Menu subject to change.	It is important to keep your child's meal account current. Loans at the Elementary level are time consuming MS & HS has a NO LUNCH LOAN POLICY.	Please Pre-Pay Breakfast K-12 \$1.00 Reduced price 25cents K-4Lunch \$1.50 K-4 Pre-Pay \$25.50 5-12 Lunch \$1.75 Pre-Pay \$29.75 Reduced PrePay\$4.25	MS/HS students have a choice of the menu entrée, chicken patty on a bun or pizza. The 3rd line has chicken patty, asst sandwiches and salads



Elementary Chef Salads became a choice in October. Is it a good idea??



Vote for School Lunch

You will be helping decide if

Chef Salads
 become a permanent item
 on the menu!

THANK YOU for voting!
Your School Nutrition Team



School Meals are a DEAL . . . Check it out!
 For more information, contact Morgan Wisner,
 Food Service Manager at (315) 963-8400 x5025 or
 via Email: mwisner@mexico.cnyric.org

Child(ren) that qualify for a free or reduced lunch are entitled to a free or reduced breakfast too. Applications for the meal program are given to each child on the first day of school. If you need an application call The Food Service Dept. at 963-8400 ext 5025.



Mexico Elem., New Haven, Palermo **November 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sandwiches	Funnel Cake, Cinnamon	Stuffed Pretzel Stick	are specials during the month.	
French Toast Sticks Juice and Milk	Breakfast Pizza OR Choice of Cereal Animal Crackers Juice and Milk	Warm Bagel OR Choice of Cereal Animal Crackers Juice and Milk	Pancake Jiffy on a Stick OR Choice of Cereal Animal Crackers Juice and Milk	Choice of Cereal with Animal Crackers OR Oatmeal Juice and Milk



The Mexico Food Service Department is promoting the breakfast program. Breakfast served daily for grades K-12; choice of cereals every day along with hot breakfast items, juice and milk. If your K-12th grade child(ren) qualifies for a free or reduced lunch they are entitled to a free or reduce breakfast (cost 25 cents). Breakfast cost for full paid students is \$1.00 Nutrition is critical to a child's ability to learn. The body must use its energy reserves to keep organs functioning whenever the body is unable to obtain energy from food. This means that a hungry child has less energy available for cognition and social activities, resulting in learning difficulties. Please encourage your child to eat breakfast in the morning. Families can apply for the free/reduced meal program any time during the school year. If you need an application please call Mrs. Morgan Wisner, Food Service Manager at 963-8400, ext. 5025.



For grades K-4, your elementary school food service staff will provide your child with a birthday pizza party. The cost is \$1.50 per child and takes place during your child's normal lunch time. We provide birthday napkins and a complete lunch of pizza, fruit, vegetable, milk and ice cream. If a child in the class does not want the pizza, they may select the menu item for that day or sandwich or hamburger. Please give one week notice and call Morgan or Brenda at 963-8400 ext. 5025 to arrange your child's special day!



Fruit and Vegetable taste testing took place at Mexico Elementary on Tues, Oct. 20th, New Haven on Weds. Oct. 21st and at Palermo on Tuesday, Oct. 27th. Students tried broccoli and cauliflower with a reduced fat ranch dip, sliced pears and apples with a low fat vanilla/peach yogurt dip. They also sampled cole slaw (cabbage/carrot salad). Brussels sprouts, winter squash, cauliflower w/the leaves still on and a head of broccoli were on display for the students. An informative parent letter went home with students detailing our event and highlighted those that helped make this event successful.