

*Half  
Hollow  
Hills*

**ELEMENTARY SCHOOL  
BREAKFAST MENU**

2016 - 2017



Entrees:	Monday	Tuesday	Wednesday	Thursday	Friday
\$1.75	Pancakes whole grain	Waffles whole grain	French Toast whole grain	Belgian Waffle Sticks WG	French Toast Sticks WG
\$1.50	Bagel Breakfast Combo	Bagel Breakfast Combo	Bagel Breakfast Combo	Bagel Breakfast Combo	Bagel Breakfast Combo
\$1.50	Cereal Combo	Cereal Combo	Cereal Combo	Cereal Combo	Cereal Combo
<b>Fruits:</b>	Fresh Fruit, Cut Up & Whole, Chilled Fruit Cups, 100% Fruit Juice				
<b>Milk 8 oz.:</b>	Skim, 1% Low Fat Unflavored, Fat Free Chocolate				



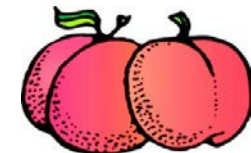
**Breakfast sold as a complete meal only.  
All breakfasts include choice of an Entrée, Milk & Fruit or Juice**

**STUDENT PRICES**

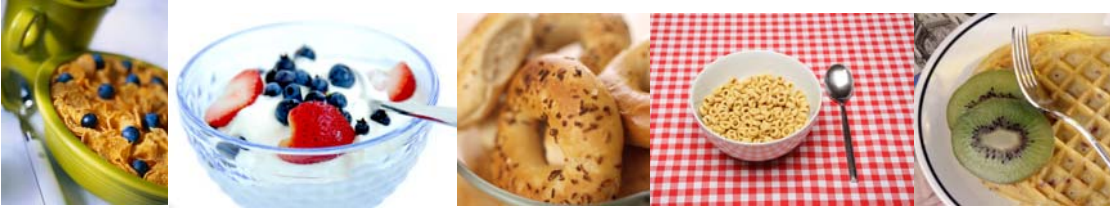
Hot Breakfast	\$1.75
Bagel Breakfast Combo	\$1.50
Cereal Combo	\$1.50
Reduced Breakfast	\$0.25

**A LA CARTE ITEMS:**

Fruit, fresh or cup	\$0.65
Cream Cheese	\$0.50
Milk	\$0.50



# Benefits of Breakfast



Eating breakfast can help improve math, reading, and standardized test scores.

Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.

Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.

Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.

By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.

Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.

Eating breakfast as a child is important for establishing healthy habits for later in life.

Schools that provide breakfast in the classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.

What you eat for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.

School Breakfast provides  $\frac{1}{4}$  the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day.

Half Hollow Hills CSD is an equal opportunity provider and employer.

# Half Hollow Hills Elementary School ~ Lunch Menu



## Hot Entrée and Sides

September 2016 - June 2017

## Daily Options

**Week 1** 9/6-9, 10/5-7, 11/7-10, 12/5-9, 1/3-6, 2/6-10, 3/6-10, 4/3-7, 5/1-5, 6/5-9

**Week 2** 9/12-16, 10/11-14, 11/14-18, 12/12-16, 1/9-13, 2/13-17, 3/13-17, 5/8-12, 6/12-16 (closed 4/10-14)

Cool Sandwiches & Wraps featuring Boars Head®

Mon	<b>Popcorn Chicken Smackers w/ Dipping Sauces</b> Sweet Potato Waffle Fries Couscous / Celery & Baby Carrots NY State Grown Apples / Mixed Fruit Cup
Tues	<b>Baked Ziti w/ Mozzarella &amp; Ricotta Cheese</b> Good 4 U Green Beans Super Kids Side Salad / WG Dinner Roll Banana / Diced Peaches
Wed	<b>Tempura Battered Chicken Nuggets</b> Vegetable Egg Roll Fresh Steamed Broccoli Fresh Cut Melon / Pineapple Chunks
Thurs	<b>Brunch for Lunch</b> Whole Grain Waffle Sticks & Syrup Turkey Sausage / Hash Brown Potatoes Warm Cinnamon Apples / Fresh Grapes
Fri	<b>Big Daddy's Pizza - pizzeria style slice</b> Roasted Zucchini / Red & Green Pepper Sticks Juicy Fresh Oranges / Sliced Pears in Natural Juice

Mon	<b>Crispy Chicken Bites w/ Side of BBQ Sauce</b> Glazed Carrots / Mini Tossed Salad Seasoned Brown Rice Frozen Whole Fruit Ices / Mixed Fruit Cup
Tues	<b>Hamburger / Cheeseburger on Wheat Bun</b> <b>Dr. Praegar's Veggie Burger</b> Baked Potato Tots / Lettuce, tomato, dill pickle Banana / Diced Peaches
Wed	<b>Homemade Creamy Mac &amp; Cheese</b> Steamed Fresh Broccoli / Red Pepper Strips Whole Grain Dinner Roll Fresh Cut Melon / Pineapple Chunks
Thurs	<b>Twin Beef Tacos in Soft or Crunchy Shells</b> Sweet Corn Nibbllets / Black Beans Romaine lettuce, tomatoes, cheddar cheese, salsa Fresh Grapes / Applesauce
Fri	<b>Personal Pan Pizza</b> Sautéed Spinach / Celery Sticks & Baby Carrots Juicy Fresh Oranges / Sliced Pears in Natural Juice

Mon Roast Turkey on WG Hero Roll  
Tues Warm WG Pretzel with Turkey or Cheese  
Wed Fresh Bagel w/ Cheese, Chick Peas & Baby Carrots  
Thurs Grilled Chicken Caesar Whole Wheat Wrap  
Fri Chicken Teriyaki & Veggies Wrap

### Super Fresh Salads

Mon Grilled Chicken Caesar Salad w/ Croutons  
Tues Fresh Veggies w/ Roast Turkey & Wheat Pretzel  
Wed Garden Salad w/ Fresh Bagel & American Cheese  
Thurs Grilled Chicken Caesar Salad w/ Croutons  
Fri Teriyaki Chicken & Mandarin Oranges

Daily Yogurt Salad Plate available daily

### Available Daily with Lunch

**Juicy Fruits:** Fresh fruit, cut up & whole  
Sliced fruit in natural juices & 100% fruit juice

**Colorful Veggies:** Fresh raw veggies & Mini salads

**Milk:** skim, low fat white & fat free chocolate

Student Lunch Prices:

**1 Lunch \$2.50 20 Lunches \$50.00 Reduced Lunch \$.25**



**Week 3** 9/19-23, 10/17-21, 11/21-23, 12/19-23, 1/17-20, 3/20-24, 4/17-21, 5/15-19, 6/19-20 (closed 2/20-24)

**Week 4** 9/26-30, 10/24-28, 11/28-12/2, 1/23-27, 2/27-3/3, 4/24-28, 5/22-26 (closed 12/26-30)

**Week 5** 10/31-11/4, 1/30-2/3, 5/30-6/2

Mon	<b>Grilled Chicken Filet on Whole Grain Roll or BBQ Grilled Chicken Filet on Whole Grain Roll</b> Honey Baked Beans / Golden Corn NY State Grown Apples / Mixed Fruit Cup
Tues	<b>Spaghetti with Marinara &amp; Meatballs</b> <b>Meatball Hero</b> Fresh Steamed Broccoli / Whole Grain Dinner Roll Banana / Diced Peaches
Wed	<b>Grilled Cheese Sandwich &amp; Soup</b> Baked French Fries Homemade Chicken Noodle Soup Fresh Cut Melon / Pineapple Chunks
Thurs	<b>Brunch for Lunch</b> Whole Grain French Toast Sticks & Syrup Turkey Sausage / Hash Brown Potatoes Warm Cinnamon Apples / Fresh Grapes
Fri	<b>Big Daddy's Pizza - pizzeria style slice</b> Butternut Squash / Celery Sticks & Baby Carrots Juicy Fresh Oranges / Sliced Pears in Natural Juice

Mon	<b>Crispy Breaded Chicken Filet on WG Roll</b> Sweet Potato Waffle Fries Baby Carrots & Celery Sticks NY State Grown Apples / Mixed Fruit Cup
Tues	<b>Mozzarella Sticks &amp; Marinara Sauce</b> Sautéed Spinach Super Kids Side Salad w/ Low-fat Dressing Banana / Diced Peaches
Wed	<b>Hamburger / Cheeseburger on Wheat Bun</b> <b>Dr. Praegar's Veggie Burger</b> Baked Potato Tots / Honey Baked Beans Fresh Cut Melon / Pineapple Chunks
Thurs	<b>Turkey Nachos Supreme</b> Seasoned ground turkey & melted cheddar on tortilla chips w/ tomatoes, lettuce, black beans Fresh Grapes / Applesauce
Fri	<b>Personal Pan Pizza</b> Veggie Dunkers Red Pepper Strips Juicy Fresh Oranges / Sliced Pears in Natural Juice

Mon	<b>Meatballs with Mashed Potatoes &amp; Gravy</b> Good 4 U Green Beans Whole Grain Dinner Roll NY State Apples / Mixed Fruit Cup
Tues	<b>Southwest Chicken &amp; Cheese Quesadilla</b> <b>Chef's Choice Entrée - to be announced</b> Golden Corn, Black Bean & Corn Salad, Salsa Banana / Frozen Whole Fruit Ices
Wed	<b>Homemade Creamy Mac &amp; Cheese</b> Fresh Steamed Broccoli / Celery & Baby Carrots Whole Grain Dinner Roll Fresh Cut Melon / Pineapple Chunks
Thurs	<b>Brunch for Lunch</b> Whole Grain Pancakes & Syrup Turkey Sausage / Hash Brown Potatoes Warm Cinnamon Apples / Fresh Grapes
Fri	<b>Big Daddy's Pizza - pizzeria style slice</b> Roasted Butternut Squash / Red & Green Peppers Juicy Fresh Oranges / Sliced Pears in Natural Juice

A complete lunch includes choice of an Entrée, one-two Vegetable/Salad, a Fruit/Juice, Bread and Milk. Students may choose three to five items (at least one must be a vegetable or fruit).

This institution is an equal opportunity provider and employer.

Nutritional Information Available at [www.hhh.k12.ny.us](http://www.hhh.k12.ny.us)

Dear Parents,

The Half Hollow Hills School District is committed to preparing and serving nutritionally appropriate food to our school-age consumers that conform to the “Dietary Guidelines for Americans”. A diet with a variety of grains, vegetables, fruits and proteins does have a positive effect on students’ health, happiness, and educational success. A healthy diet also plays an important part in our total lifestyle, ensuring a better quality of life and is a vital link to the intellectual fitness of our students. We believe, by providing high quality, nutritiously prepared meals, our Child Nutrition Program is a critical part of the total school experience.

Our school lunches meet the latest federal nutrition standards including age-appropriate calorie limits, larger servings of vegetables and fruits (students must take at least one serving of fruit or vegetable), more whole grains and less sodium.

We continually monitor food purchases to avoid foods that contain chemical additives, artificial color, artificial flavor enhancers, tropical oils and excessive sodium and sugar. Peanuts, tree nuts and trans fats are not ingredients in the foods we sell. However, the chocolate chip cookies are made in a facility that processes nuts. Also, in protecting our environment, we use only biodegradable and recyclable serving products.

### **2016-2017 PRE-PAID MEALS & SNACKS:**

Pre-paid meals and snacks are available for purchase as of the first day of school. On-line payments can be made using “Infinite Campus / Vanco” which can be accessed from the Infinite Campus Parent Portal. Sign-in and follow the directions to add money to your child’s account. Though it is preferred that parents utilize the on-line payment system, cash, checks and money orders are accepted at all registers. Please send in deposits to your child’s teacher in a sealed envelope labeled with his or her name and grade. Checks and Money Orders should be made payable to “**HHH School Lunch Fund**”. *If you are purchasing for more than one child, each child’s pre-paid meals and snacks must be purchased with a separate check or money order.* When your child’s balance gets low you will receive an email and phone message so you can replenish his or her account.

All students are issued PIN numbers, regardless of whether they currently participate in the school lunch program. This PIN number will stay with your child as long as he or she attends this district. Please assist us by encouraging your child to remember their PIN number. This will help us to move the lines quickly! New students will be issued PIN numbers on their first day of school. Also, student photos will be attached to each account for identification and security purposes.

As a parent, you can also choose whether your child can have unrestricted use of prepaid funds, (meaning that they can purchase anything sold in the school’s cafeteria), or if you prefer, you can restrict your child’s purchases to “Lunch Only”.

We encourage your child’s participation in our innovative food service program and thank you for your continued support.

Bonnie Scally, School Lunch Administrator      [www.bscally@hhh.k12.ny.us](mailto:www.bscally@hhh.k12.ny.us)

### **ALA CARTE ITEMS**

All of our snacks and beverages meet or exceed United States Department of Agriculture nutritional guidelines:  
Less than or equal to 35% calories from fat; 10% calories from saturated fat; sodium 230 mg; 200 calories

#### **BEVERAGES:**

BOTTLED SPRING WATER 8 oz.	\$ .50
100% FRUIT JUICE 4 oz.	.50
MILK 8 oz.	.50

#### **FRESH FRUIT IN SEASON**

APPLE, ORANGE, BANANA	\$ .65
GRAPES, MELON, PEAR	.65

#### **COOKIE:**

OVEN FRESH COOKIE WHOLE GRAIN*	\$ .50
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\*Made in a facility that processes nuts.

#### **ICE CREAM:**

ICE CREAM BAR	\$ .75
ICE CREAM DIXIE CUP	.75
FROZEN FRUIT JUICE ICE	.65

#### **SNACKS:**

BAKED CHIPS	\$ .75
GOLDFISH	.75
SMARTFOOD POPCORN	.75
ANNIE’S ORGANIC BUNNY BITES	.75
POPCORNERS GF	1.00
PIRATES BOOTY GF	1.25