



GENESEE INTERMEDIATE SCHOOL DISTRICT ELMER KNOPF LEARNING CENTER BREAKFAST MENU 2017/2018

Breakfast \$1.55
Lunch \$2.90
Milk \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Breakfast Bread OR WG Cereal with LF String Cheese Fresh Fruit and Juice Choice of Milk	WG Bagel with LF Cream Cheese OR WG Cereal with Yogurt Fresh Fruit and Juice Choice of Milk	WG Breakfast Pizza OR WG Cereal with LF String Cheese Fresh Fruit and Juice Choice of Milk	WG LF Chicken Sausage Biscuit OR WG Cereal with Yogurt Fresh Fruit and Juice Choice of Milk	Hard Boiled Egg and WG Biscuit OR WG Cereal with LF String Cheese Fresh Fruit and Juice Choice of Milk

- WG designates a whole grain item; LF designates a low-fat item
 - Whole grain cereals may include reduced-sugar varieties of Kix, Cinnamon Chex, Rice Chex, Cheerios, Fruity Cheerios, Honey Nut Cheerios, Apple Cinnamon Cheerios
 - Breakfast bread choices may include banana, blueberry, cocoa
 - Yogurt choices include low-fat or fat-free and low sugar varieties
 - Fresh Fruit will include apples, oranges, watermelon, cantaloupe, bananas, pears, grapes, pineapple, strawberries, blueberries
 - 100% fruit/vegetable juices may include apple, grape, orange, pineapple-orange, fruit punch, tomato
 - Milk choices include 1% unflavored, fat free chocolate or strawberry flavored
 - A serving of fruit or vegetable is required with every reimbursable meal
- *Menu subject to change without notice.*

Boost Your Brain with Breakfast

Studies have consistently shown that eating a healthy breakfast every morning contributes to maintaining a healthy weight and improving academic performance. A recent analysis of third-party studies and public data conducted by Deloitte for “Ending Childhood Hunger: A Social Impact Analysis” shows that food insecurity in early childhood is associated with impaired brain development, lower academic achievement and more frequent hospitalizations. School breakfast can have a potentially dramatic effect on students. On average, students who eat school breakfast have been shown to achieve 17.5% higher scores in standardized math tests, attend 1.5 more days of school per year, are 20% more likely to graduate from high school and typically earn \$10,090 more per year with a 4% higher employment rate after graduation. These factors can create transformative, positive change for our students. A student eating a healthy school breakfast tends to do better in school and attend class more frequently, which leads to greater job-readiness and self-sufficiency after graduation. Students that eat breakfast daily are set on a path to be less likely to struggle with hunger and obesity as adults.

Other Important Information

MEAL MAGIC

The GISD uses a computerized cash register/point of sale system called “Meal Magic” that allows us to confidentially monitor student accounts, meal benefits, food allergies and food restrictions. Student purchases are recorded by class as the students receive their meal. Full meals, second entrees and extra milk cartons are available for purchase. Students should have money on account or cash in hand for a la carte purchases as they go through the service line.

PAYMENTS

The recommended form of payment for purchases is by check, but cash is also accepted. If sending a payment to the school, please put it in a sealed envelope with the student’s name and the amount of the deposit on the front of the envelope. No change will be given from a deposit. Meal Magic supports a history of deposits and sales for each student and allows parents to set limits on sales.

CHARGING POLICY

Please see the student handbook for the district charging policy. Deposits can be made to a student’s account at any time to provide a meal when a student forgets their lunch money or lunch from home. Balances are maintained and carried over from prior school years.

FREE/REDUCED APPLICATIONS

You can apply online for free and reduced price meal benefits at www.LunchApp.com. This is the fastest and most secure way to apply for benefits. Paper applications are available in every school office during the school day and in the cafeteria during times that meals are served. Paper applications may take up to 10 days to process. Applications are accepted at anytime throughout the school year.

PREVIOUS 2016/2017 SCHOOL YEAR BENEFITS

Students who were eligible for free or reduced price meals at the end of the 16/17 school year at the GISD will automatically be eligible for meals at the beginning of the 17/18 school year until October 20, 2017. After that date, a new application must be processed and approved by the Child Nutrition Office for students to be eligible for benefits. It may take up to 10 days to process an application before benefits become available. Families are responsible for paying for meals until an approved application is on file. Please submit new applications early to avoid a lapse of benefits. Parents and/or guardians will be notified by US mail as to the student’s eligibility.



GENESEE INTERMEDIATE SCHOOL DISTRICT ELMER KNOPF LC LUNCH MENU — MARCH 2018

Breakfast \$1.55
Lunch \$2.75
Milk \$.50

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Each meal includes choice of entrée, milk, one cup of vegetable items and 1/2 or one cup of fruit items (depending on grade). A fruit or vegetable serving is required with every reimbursable meal. Seasonal fresh fruit selections will include apples, oranges, watermelon, cantaloupe, bananas, pears, grapes, pineapple, strawberries, blueberries.

Milk choices include 1% unflavored or fat free chocolate or strawberry flavored.

Menu Subject to Change Without Notice

1 *Early Release Day Sack Lunch*

Soy Butter and Jelly Sandwich

Fresh Celery Sticks
Fresh Carrot Sticks
Seasonal Fresh Fruit
Applesauce Cup

2 Sweet Teriyaki Chicken over Brown Rice
Asian Chicken Salad

Sweet Potato Fries
Fresh Carrot Sticks
Seasonal Fresh Fruit
Diced Peaches

5 Grilled Cheese on Texas Toast w/ Tomato Soup
Chef's Salad

Steamed Broccoli
Seasonal Fresh Fruit
Mixed Fruit

6 Chicken & Waffles
Taco Salad

Refried Beans with Cheese
Fresh Celery Sticks
Seasonal Fresh Fruit
Applesauce

7 Fish Sandwich
Crispy Chicken Cherry Salad

Oven Fries
Romaine Salad
Seasonal Fresh Fruit
Pineapple Tidbits

8 Chicken Alfredo over Rotini
Chicken Caesar Salad

Sweet Corn
Fresh Cucumber Slices
Seasonal Fresh Fruit
Diced Pears

9 Chicken Fried Rice with Chicken Egg Roll
Asian Chicken Salad

Carrot Coins
Fresh Carrot Sticks
Seasonal Fresh Fruit
Diced Peaches

12 No Classes



13 Soft Beef Taco
Taco Salad

Baked Beans
Fresh Celery Sticks
Seasonal Fresh Fruit
Applesauce

14 Mashed Potato Bowl
Crispy Chicken Cherry Salad

Mashed Potatoes
Romaine Salad
Seasonal Fresh Fruit
Pineapple Tidbits

15 Mac & Cheese
Chicken Caesar Salad

Green Beans
Fresh Cucumber Slices
Seasonal Fresh Fruit
Diced Pears

16 Sweet & Sour Chicken over Brown Rice
Asian Chicken Salad

Sweet Potato Fries
Fresh Carrot Sticks
Seasonal Fresh Fruit
Diced Peaches

19 Hot Cheesesteak Sub
Hot Ham & Cheese Sub
Chef's Salad

Steamed Broccoli
Fresh Carrot Sticks
Seasonal Fresh Fruit
Mixed Fruit

20 Beef Burrito
Chicken Quesadilla
Taco Salad

Refried Beans with Cheese
Fresh Celery Sticks
Seasonal Fresh Fruit
Applesauce

21 Egg EK-Muffin
Tuna Salad Sub
Crispy Chicken Cherry Salad

Carrot Coins
Romaine Salad
Seasonal Fresh Fruit
Pineapple Tidbits

22 Chicken Parmesan
Chicken Caesar Salad

California Blend Vegetables
Fresh Cucumber Slices
Seasonal Fresh Fruit
Diced Pears

23 *Easter Holiday Meal*

Turkey and Gravy
Asian Chicken Salad

Mashed Potatoes
Fresh Carrot Sticks
Seasonal Fresh Fruit
Frozen Fruit Cup

26 No Classes

27 No Classes



28 No Classes

29 No Classes



30 No Classes

** Please note that when a snow day occurs, the menu for the first day off of school will be served on the first day back to school.
The regular menu will resume thereafter. **