



## Edmeston Central School February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>The ECS Food Service Department continually strives to improve the general wellness of our students. To attain that goal, it is very important for parents and children to communicate by discussing the menu options available. At ECS we offer many daily food choices. We request that parents view the menu and guide their children to the choices they feel are best.</p>				
<p>My School Bucks.....Visit <a href="http://www.myschoolbucks.com">http://www.myschoolbucks.com</a> My School bucks is a website where you can check your students account balances and view their purchases. You can also add funds to your student's account using a credit card or ACH debit. Registration and use of the site is free. However there is a \$1.95 fee for each transaction to add money to your students accounts. If you have any questions please call the business office at 607-965-9086.</p>			<p>HAM + CHEESE CROISSANT 1</p> <p><b>FRENCH DAY</b> QUICHE LORRAINE OR HAM AND SWISS TOAST POTATO SALAD W/ TARRAGON RATATOUILLE NICOISE FRENCH BGUUETTE</p>	<p>BACON + CHEESE MUFFIN 2</p> <p><b>ASIAN DAY</b> CHICKEN STIR FRY OR TOFU GREEN CURRY VEGGY RICE , ROASTED BROCCOLI SPRING ROLLS W/ PEANUT SAUCE MIXED GREEN SALAD, FORTUNE COOKIE</p>
<p>C. CHIP/BLUEBERRY MUFFIN 5</p> <p>CHICKEN NUGGETS <b>LOCAL GERMAN POTATO SALAD</b> ROASTED BROCCOLI WHEAT BREAD MIXED GREEN SALAD</p>	<p>SAUSAGE + CHEESE MUFFIN 6</p> <p>HAMBURGER OR CHEESEBURGER W/ W BUN OVEN BROWNED POTATOES <i>ROASTED CARROTS</i> MIXED GREEN SALAD</p>	<p>BACON + CHEESE BURRITO 7</p> <p><b>BRUNCH FOR LUNCH</b> BAGEL OR WAFFLES SAUSAGE PATTY BAKED EGG AND CHEESE OMELET TATER TOTS FRUIT OR JUICE</p>	<p>CINNAMON BUN 8</p> <p>CHEESE PIZZA OR HOT WING PIZZA STEAMED SWEET CORN GREEK SALAD <i>ECS-BLACK BEAN SALSA</i></p>	<p>HAM + CHEESE BAGEL 9</p> <p>CHICKEN RIGGIES OR SLOPPY JOE ON A BUN BROCCOLI WITH CHEESE SAUCE CAESAR SALAD CHOCOLATE CHIP COOKIE</p>
<p>C. CHIP/BLUEBERRY MUFFIN 12</p> <p>BAKED LASAGNA W/ BEEF OR VEGGIE ALFREDO LASAGNA ROASTED GREEN BEANS GARLIC BREAD CAESAR SALAD</p>	<p>EGG AND SAUSAGE BURRITO 13</p> <p>TOMATO OR CHICKEN VEGGIE SOUP TOASTED CHEESE SANDWICH CUCUMBER SALAD MIXED GREENS SALAD</p>	<p>HAM + CHEESE CROISSANT 14</p> <p>ECS STUFFED SHELLS W/ ECS FRESH TOMATO SAUCE ROASTED CAULIFLOWER CAESAR SALAD GARLIC BREAD</p>	<p>SAUSAGE + CHEESE MUFFIN 15</p> <p>CHICKEN NUGGETS <b>LOCAL GERMAN POTATO SALAD</b> ROASTED BROCCOLI WHEAT BREAD MIXED GREEN SALAD</p>	<p>HAM + CHEESE BAGEL 16</p> <p><b>BRUNCH FOR LUNCH</b> BAGEL OR WAFFLES SAUSAGE PATTY EGG AND CHEESE OMELET TATER TOTS, FRUIT OR JUICE</p>
<p style="text-align: right;">19</p> <p><b>PRESIDENTS' DAY! NO SCHOOL</b></p>	<p style="text-align: right;">20</p> <p><b>NO SCHOOL</b></p>	<p style="text-align: right;">21</p> <p><b>NO SCHOOL</b></p>	<p style="text-align: right;">22</p> <p><b>NO SCHOOL</b></p>	<p style="text-align: right;">23</p> <p><b>NO SCHOOL</b></p>
<p>C. CHIP/BLUEBERRY MUFFIN 26</p> <p>CHICKEN PATTY + W/W BUN MULTIGRAIN SPIRALS ROASTED BROCCOLI MIXED GREENS SALAD</p>	<p>HAM + CHEESE BAGEL 27</p> <p>BEEF OR CHICKEN HARD TACOS SHREDDED LETTUCE + CHEESE SALSA/ BROWN RICE <b>ECS CORN BREAD</b> <b>ECS BLACK BEAN SALSA</b></p>	<p>CINNAMON BUN 28</p> <p>CHEESE PIZZA OR THREE CHEESE WHITE PIZZA STEAMED SWEET CORN GREEK SALAD <b>CHICK PEA SALAD W/ ECS PEPPERS</b></p>	<p><b>Save The Date:</b> The 2018 ECS Food and Health Expo and Generations Day is scheduled for Friday May 18, 2018. Again, we will be looking for support from our faculty and staff as well as others from the community. If you have ideas or suggestions, please contact me at <a href="mailto:bbelknap@edmeston.net">bbelknap@edmeston.net</a></p>	