



June 2010



Campbell-Savona High



AVAILABLE DAILY
PBJ on Whole Wheat Bread
Assorted Pizza: Tues.-Fri.
Fresh Chef Salad
Fresh Tossed Salad
Assorted Deli Sandwiches
Whole Wheat Bread Slices
Chilled Fruit Cups
Fresh Fruit
100% Fruit Juice
Chilled Milk

Pricing:
Elem. \$1.50
High \$1.75
Breakfast \$1.00
Reduced .25
Milk .60
Ice Cream .50 - .65

Daily Breakfast
Monday:
French Toast Sticks
Tuesday:
Waffles
Wednesday:
French Toast Sticks
Thursday:
Waffles
Friday:
Bagel Sandwich
Available Daily:
Bagels, Cereal Bowls, Fresh Fruit, 100% Fruit Juice, and Chilled Milk

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Popcorn Chicken Bites Hot Dog on a Whole Wheat Bun Oven Brown Fries	2 Baked Chicken Cold Tuna Salad Sandwich Creamy Mashed Potatoes Golden Sweet Corn	3 Hot Dog on a Whole Wheat Bun Turkey & Cheese Deli Sub Carrot Coins	4 Cheeseburger on a Whole Wheat Bun Ham & Cheese Deli Sub Green Beans
7 Crispy Chicken Patty on a Whole Wheat Bun Bologna & Cheese Deli Sub Tasty Tater Tots	8 Philly Cheese Steak Sub Hot Ham & Cheese Melt Golden Sweet Corn	9 Toasted Cheese Sandwich Sliced Turkey & Cheese Sandwich Tomato Soup Ice Cream Treat	10 Crispy Fish Filet Sandwich Buffalo Chicken Wrap Beets Ice Cream Treat	11 HALF DAY GRAB-N-GO LUNCH Assorted Muffins Yogurt & Cheese Stick Fresh Fruit
14 REGENTS EXAMS Assorted Pizza Assorted Subs	15 Assorted Pizza Assorted Subs	16 Assorted Pizza Assorted Subs	17 Assorted Pizza Assorted Subs	18 Assorted Pizza Assorted Subs
21 REGENTS EXAMS Assorted Pizza Assorted Subs First Day of Summer!!	22 Assorted Pizza Assorted Subs	23 Assorted Pizza Assorted Subs	24 NO SCHOOL	25 CONGRATUALIONS  GRADUATES
	"FUELING YOUNG MINDS TO DO THEIR BEST!" 			

June

CAMPBELL SAVONA CAFETERIA NEWS

Summertime Food Safety



2009-2010 Pricing

K-6 Lunch	\$1.50
7-12 Lunch	1.75
Reduced Lunch	.25
Breakfast	1.00
Milk	.60
Ice Cream	.60

Nutrition Tidbits

Summer Breezes Smoothie



A perfect low fat thirst quencher
Makes 3 servings

- 1 cup yogurt, plain nonfat
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1tsp vanilla extract
- 4 ice cubes

1. Place all ingredients in a blender and puree until smooth.
2. Serve in a frosted glass.

Serving size: 1 cup
Calories 121
Fat less than 1g
Saturated fat less than 1 g
Cholesterol 1mg
Sodium 64mg

Recipe Reference
<http://foodreference.com>

Good Health is ALWAYS on our menu!



District Food Service Managers can be reached at (607) 527-9832 ext 460 or email pdrumm@gstboces.org or jmittchell@gstboces.org

Here are some summertime tips that will keep you and your family free from cross-contamination

- **Wash your hands and cooking surfaces often.** If clean water is not available at your picnic facility, bring a jug of water from home for food preparation and cleaning. Or pack moist towelettes and paper towels to clean hands and surfaces.
- **Keep raw meats, seafood, and eggs separate from ready-to-eat foods.** When packing the cooler, securely wrap raw meat or poultry before using again for other food. Also, don't use raw eggs for preparing homemade ice cream, uncooked desserts, or salad dressings.
- **Prevent cross contamination from marinades.** Always marinate raw food in the refrigerator, never on the counter. If you want to use the marinade as a sauce, on the cooked food, reserve a portion of the marinade before putting the raw meat or poultry in it. If you forget, boil the marinade before pouring it over other food in order to destroy any harmful bacteria.
- **Cook to proper temperatures.** Raw food must be heated long enough at a high enough temperature to kill harmful bacteria. Always check the internal temperature with a food thermometer.
- **Keep cold food cold.** When traveling to a picnic or barbecue, store refrigerated perishable foods in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water. Pack drinks in a separate cooler, as the beverage cooler will probably be opened frequently.
- **Refrigerate leftovers promptly.** Follow the 2:2:4 rule. Food left out of the refrigerator for more than 2 hours (1 hour if it's 90 degrees) may not be safe to eat. Store refrigerated leftovers in a shallow container—about 2 inches—and use them (or freeze them) within 4 days.
- **Wash fruits and vegetables thoroughly.** Most produce should be rinsed under cold water to help eliminate hazards. Scrub melons with a brush and peel carrots to eliminate dirt and other hazards.

Start Your Day Off Right!

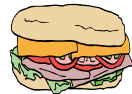


Monday	French Toast Sticks
Tuesday	Waffles
Wednesday	French Toast Sticks
Thursday	Waffles
Friday	Bageler Sandwich

Available Daily

Assorted Fresh Fruit, Cereal bowls, Chilled Milk, and 100% Fruit Juice

Available Daily at Lunch



ALL SCHOOLS

PBJ on Whole Wheat Bread
 Fresh Chef Salad
 Fresh Tossed Salad
 Assorted Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Juice
 Chilled Milk (1%, Fat Free, Chocolate)