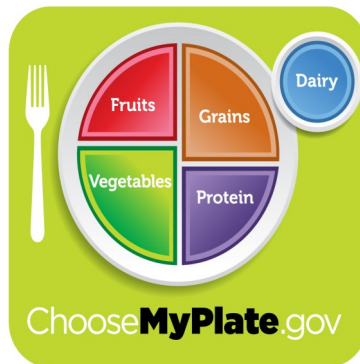




FOOD SERVICE

FIGHT BACK WITH FOOD



“Be strong to the finish....think smart, eat well, and exercise daily.”

2023-2024



Dear Parent/Guardian:

Welcome to the new school year. Guess what ... breakfast and lunch will be available at **NO CHARGE**. Participation in state and federal programs requires continuous effort and we are pleased to have secured this benefit and the ability to extend this wonderful opportunity to our students in the 2023-2024 school year.

Participating Orange-Ulster BOCES Sites

Orange-Ulster BOCES Amy Bull Crist Center, 53 Gibson Road, Goshen, NY 10924

Orange-Ulster BOCES Regional Education Center (Arden), 4 Harriman Drive, Goshen, NY 10924

Orange-Ulster BOCES @ Marlboro, 62 Overlook Drive, Newburgh, NY 12550

Orange-Ulster BOCES @ 129 West Main Street, Goshen, NY 10924

Orange-Ulster BOCES @ 227 Main Street, Goshen, NY 10924

Orange-Ulster BOCES @ Pine Island Elementary, 22 Schoolhouse Rd, Pine Island, NY 10969

Students in attendance at any of the above locations, will receive breakfast/lunch daily in accordance with the dietary requirements as provided by our New York State governing entities. All meals are prepared in accordance with USDA school breakfast/lunch meal patterns for 2023-2024 and served at no charge through NYSED and CEP qualification and participation.

PLEASE NOTE

ALLERGIES AND SPECIAL DIETARY NEEDS

Reasonable Modification: Meal modification of menued foods must be documented by a physicians prescription stating how diet is restricted and how to specifically accommodate.

Due to severe allergies and in an effort to be more health and safety conscience, there will be **NO FOOD SHARING**. Please understand this decision will not infringe on foods that you provide for your own children, to consume, during school meal times. As always, the health and well being of our students remains our paramount concern.

If you have any questions and/or concerns, please do not hesitate to reach out to us. I thank you for your consideration in this matter.

Wishing you well,

Mark P. Coleman
Assistant Superintendent
Finance and Management Services

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410, fax: (202) 690-7442; or email: program.intake@usda.gov.

This institution is an equal opportunity provider.

BREAKFAST
1 oz. grain
1 cup fruit/vegetable
8 oz. milk

“Be strong to the finish....think smart, eat well, and exercise daily.”



THROUGH PARTICIPATION IN THE NSLP COMMUNITY ELEGIBILITY PROVISION, MEALS ARE OFFERED DAILY AT NO CHARGE.
ALL MEALS ARE SERVED AND PREPARED IN ACCORDANCE WITH THE USDA SCHOOL BREAKFAST/LUNCH MEAL PATTERNS FOR 2023/2024
All menus are subject to change. NO SUBSTITUTIONS .

LUNCH
1.5 -2 oz. meat/meat alternative
1 serving grain
3/4-1 cup vegetable
1/2– 1 cup fruit
8 oz. milk



FIGHT BACK WITH FOOD !
Orange-Ulster BOCES participates in the USDA Fresh Fruit and Vegetable Program.
The goal of the FFVP is to introduce elementary aged children to various fruits and vegetables by increasing overall acceptance and consumption.

DAILY ALTERNATE LUNCH
peanut butter & jelly on whole wheat

This institution is an equal opportunity provider.

DAILY OFFERINGS
white low fat 1% milk
white skim milk
fat free chocolate milk
seasonal fresh fruit
mixed cupped fruit
variety choice vegetable
variety 4 oz. deli salads

September 2023
ORANGE-ULSTER BOCES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CONFERENCE DAY (no students)
4 LABOR DAY (school closed)	5 Nathan’s Hot Dog Snack Pack Carrots Fruit Choice Milk Choice	6 Sloppy Joe Three Bean Salad Fruit Choice Milk Choice	7 Deli Ham & Cheese Fiesta Corn Fruit Choice Milk Choice	8 Pizza Calzone Choice Veggie Fruit Choice Milk Choice
11 Chicken Fajita Wrap Snack Pack Carrots Fruit Choice Milk Choice	12 Bo’s Mc Muffin (Egg and Cheese) Chick Pea Salad Fruit Choice Milk Choice	13 BB Pulled Pork Hoagie Celery Sticks Fruit Choice Milk Choice	14 Deli Turkey & Cheese Three Bean Salad Fruit Choice Milk Choice	15 Pizza Calzone Choice Veggie Fruit Choice Milk Choice
18 Nathan’s Hot Dog Snack Pack Carrots Fruit Choice Milk Choice	19 Chicken & Cheese Hoagie Chick Pea Salad Fruit Choice Milk Choice	20 Pasta with Sauce Italian Bread Steamed Broccoli Fruit Choice Milk Choice	21 Deli Ham & Cheese Fiesta Corn Fruit Choice Milk Choice	22 Pizza Calzone Choice Veggie Fruit Choice Milk Choice
25 BB Chicken on Bun Snack Pack Carrots Fruit Choice Milk Choice	26 Bo’s Mc Muffin (Egg and Cheese) Three Bean Salad Fruit Choice Milk Choice	27 Meat & Cheese Nachos Sweet Corn Fruit Choice Milk Choice	28 Deli Turkey & Cheese Chick Pea Salad Fruit Choice Milk Choice	29 Pizza Calzone Choice Veggie Fruit Choice Milk Choice

Ginger Gold
A BIT OF HARVEST SUNSHINE...
It’s a cross between Golden Delicious and Albemarle Pippen. It has a crisp, cream-colored flesh, and golden color with a sweet, spicy flavor and a note of pear.



AND JUSTICE FOR ALL



The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/ parental status, income derived from a public assistance program, political beliefs, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible Mission Area, agency, staff office, or USDA’s TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf, from any USDA office, by calling **(866) 632-9992**, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR)

about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

El Departamento de Agricultura de los Estados Unidos (USDA) prohíbe la discriminación en todos sus programas y actividades por motivos de raza, color, origen nacional, religión, sexo, identidad de género (incluyendo la expresión de género), orientación sexual, discapacidad, edad, estado civil, estado familiar/parental, ingresos derivados de un programa de asistencia pública, creencias políticas, represalias o venganza por actividades realizadas en el pasado relacionadas con los derechos civiles (no todos los principios de prohibición aplican a todos los programas).

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con el Área de la misión, agencia u oficina del personal responsable, o con el TARGET Center del USDA al **(202) 720-2600** (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de la Información al **(800) 877-8339**.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf, en cualquier oficina del USDA, llamando al **(866) 632-9992**, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o´

fax:
(833) 256-1665 o´ (202) 690-7442;

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program.intake@usda.gov.

El USDA es un proveedor, empleador y prestamista de igualdad de oportunidades.