

SOUTH SENECA CENTRAL SCHOOL ELEMENTARY MENU

JANUARY 1 – 5, 2018

MAIN OFFICE
869-9636 Ext. 4154

TRANSPORTATION
869-9636 Ext. 4139

MONDAY 1/1	TUESDAY 1/2	WEDNESDAY 1/3	THURSDAY 1/4	FRIDAY 1/5
Breakfast and Lunch FREE To ALL Students	Adult Breakfast = \$1.85 (includes tax) Adult Lunch = \$3.90 Lunch w/ beverage = \$4.25 (includes tax)	Served daily with Breakfast / Lunch: Milk Fruit Juice Fresh Fruit	<u>Daily Choices:</u> Peanut butter & jelly sandwich Chef salad with dinner roll or crackers	<u>Daily Choices cont.:</u> Yogurt combo: With string cheese and bagel or roll
	Waffles Syrup Lunch: Baked Macaroni and Cheese Garlic Bread Carrots	Egg McFalcon Lunch: Chicken Nuggets Mashed Potatoes Gravy Broccoli Dinner Roll	Breakfast Pizza Lunch: Taco in a Bag Brown Rice Refried Beans Corn Salsa / Sour Cream	Breakfast on a Stick Lunch: Pepperoni Pizza OR Fish on a Bun Tossed Salad Green Beans

* Menu is subject to change. * You can pay for your child's meals online – check the website for details.

Upcoming Dates:

- Jan. 2, Tues., School Resumes
- Jan. 10, Wed., Early Dismissal for PK-12
~ dismissal begins @ 1:45pm busses leave @ 2pm
- Jan. 10, Wed., Board of Education Meeting @ 7pm in Interlaken
- Jan. 11, Thurs., Reading Celebration Day
- Jan. 15, Mon., Martin Luther King Jr. Day ~ No School

**Happy
New Year!**



LOST & FOUND

If your child is missing any items, please have them stop by the Lost & Found. The Lost & Found is overflowing ~ hats, coats, sweatshirts, t-shirts, pants, shoes, lunch boxes....

Community Information:

Stamping out hunger in South Seneca!

Local food pantries open and available each week.

Interlaken Reformed Church, Main St, Interlaken open each Friday from 3-6 PM

Ovid Federated Church, Main St, Ovid open each Monday from 10 am - 1PM.

Food 4 All: Lodi's Community Pantry - Pickup Every Saturday, 3-5pm, at the Lodi Presbyterian Church



Sprouts Workshop

SUNDAY, JANUARY 21ST
1:00 PM-2:00 PM
SENECA COUNTY GCE OFFICE

We all know it can be hard to get fresh, nutritious foods in the winter, so why not grow some on your window sill! Vegetable sprouts are rich in vitamins that help your immune system fight through those common winter colds, plus they taste good.

Please join Natalie Roche, a current student at Cornell University studying plant sciences, as well as CCE Nutrition Educators Sue Petersen and Mora Tidball as they teach you how to safely grow your own nutritious vegetable sprouts. You will walk away from the workshop knowing:

- How important certain nutrients are to your diet and how they affect your overall health
- Nutritional and medicinal properties of the sprouts you're growing
- How to grow sprouts safely in your home
- How to harvest your sprouts
- Different delicious recipes that incorporate your homegrown sprouts

Participants will go home with a bag of sprouts, handouts, knowledge, and seeds to start growing sprouts at home.

To register, call: 315-539-9251, email: seneca@cornell.edu or go online to: www.senecacountygce.org

Registration is required. Space is limited.

Fee is \$15.00 per person.

For additional information contact:
Sue Petersen
smp355@cornell.edu



Cornell University
Cooperative Extension
Seneca County

**Seneca County
Cornell Cooperative
Extension**

Phone: (315) 539-9251

308 Main Street Shop Centre
Watertown, NY 13165

www.senecacountygce.org

*Building Strong and Vibrant New York
Communities*
Cornell Cooperative Extension is an employer
and educator recognized for valuing AA/EEO,
Protected Veterans, and individuals with
Disabilities and provides equal program and
employment opportunities.

The Duke's Ball

An Elegant Evening of Dinner & Dancing

Saturday, January 13, 2018

@ The South Seneca High School Gymnasium
7263 Main Street ~ Ovid, NY

\$30 per ticket Or \$200 for a Table of Eight

Order Tickets by Contacting:
Tina Bauder

607-869-9819 (leave message & Contact Info.)

Call or Text- 315-651-0044

Email- tbauder@southseneca.org

5:30pm ~ Doors Open for Seating

6:00pm ~ Buffet Dinner Served

Dinner Entertainment by South Seneca Students,
Staff & Alumni

7:00-9:30pm ~ Desserts & Dancing to the Music of

“For Dancers Only

The Big Swingin’ Band”

Co-Hosted by:

The South Seneca Falcon Players Drama Club &

The Falcon Music Boosters

A Fundraiser for the Inaugural

Duke Gerlach Memorial Scholarship