



## 2019-2020 Food Services News

### Welcome to the Cafeteria

All students in the Lockport City School District receive a free breakfast and lunch.

### Breakfast is Important!

Hungry children have a difficult time doing their best work so we provide breakfast for every child.

In grades K-8 breakfast is available in your child's classroom. You will notice that we have added more protein options to the breakfast menu. Also all of our cereals on the menu contain 25% less sugar than the ones that you would get in the store.

### Coming Soon

## CHICKEN WAFFLE SANDWICH

### FEATURING

- CHICKEN
- PURPLE COLESLAW
- PUMPKIN SPICE SYRUP
- WAFFLE



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### Did you know?

You can also add alerts to your child's account by calling 716-478-4805.

You can add money to your child's account in a few different ways:

- cash given to the cashier
- check written out to the school lunch program
- myschoolbucks.com

You can also see what your child eats for lunch at myschoolbucks.com

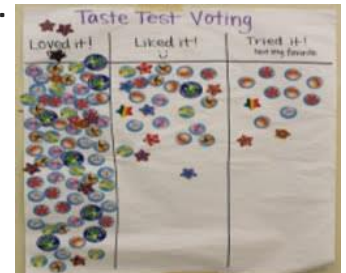
### Online Menus

Nutrislice!



### Harvest of the Month

This month at George Southard we will do a harvest of the month. We will be sampling a Pumpkin Ricotta Stuffed Shell and the kids will let us know how they felt about the sample and place a sticker on the board. This will take place on 11/21/19.



### Contact Information

If you have any questions you can contact the food service director Thomas Heagerty- 716-478-4804

