

June 8, 2020

# GRIFFIN GAZETTE

*Boquet Valley's Newsletter*



BVCS Griffins!  
Get your act together!



**NEXT MEAL DELIVERY:  
WEDNESDAY, JUNE 10TH**

This delivery will include five breakfasts and five lunches for the days of: June 11, 12, 15, 16 & 17

The time is now to post your talent on flipgrid!



<http://flipgrid.com/a50a1b76>

Everyone who submits an entry will receive a summer time treat!

Submit entries : June 5th-12th

Need a little encouragement? We are here!  
[holson@boquetvalleycsd.org](mailto:holson@boquetvalleycsd.org)  
[jbisselle@boquetvalleycsd.org](mailto:jbisselle@boquetvalleycsd.org)

**CAUGHT READING:**  
Submit photos [here](#) or email them to [kfieg@boquetvalleycsd.org](mailto:kfieg@boquetvalleycsd.org)

## SCHOOL ELECTION BALLOT INFORMATION:

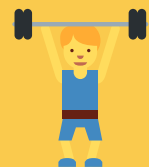
Monday, June 8, 2020  
GOVERNOR TO EXTEND BUDGET VOTE TO JUNE 16<sup>TH</sup>

Gov. Andrew Cuomo announced in a news release Sunday that he will issue an executive order extending the deadline for school election ballots sent via U.S. mail to Tuesday, June 16.

Therefore, school district residents are able to mail school budget votes to the District no later than Tuesday, June 16, 2020 by 5:00 pm. **Hand delivered ballots must be delivered to the District Office no later than Tuesday, June 9<sup>th</sup>, 2020 by 5:00pm.**



**DON'T FORGET YOUR #GWOD**  
(GRIFFIN WORKOUT OF THE DAY)



Check out the BVCS Facebook Page for Coach Buehler's daily workout!

# What's cookin' this week?

Dear Boquet Valley Families,  
We, the cafeteria staff, hope this email finds you well and you are enjoying these meal deliveries. Contained within this delivery are the following ingredients:

## **BREAKFAST:**

Fruit:

JUICE = 5 (4 oz) servings = 5 days

Protein:

PEANUT BUTTER = 1 (2 oz) serving = 1 day

STRING CHEESE = 2 servings = 2 days

YOGURT = 3 (4 oz) servings = 3 days

Grain:

MUFFINS = 3 servings = 3 days

GRAHAM CRACKERS = 2 servings = 2 days

MILK = 5 servings = 5 days

## **LUNCH:**

Protein:

MAC AND CHEESE = 2 (4 oz) servings = 2 days = 2 days  
grain

HAMBURGER PATTY = 1 serving = 1 day

PIZZA = 1 serving = 1 day = 1 day of grain also

BEAN BURRITO = 1 day = 1 serving = 1 day of grain  
(WRAP)

Grain:

HAMBURGER BUN = 1 serving = 1 day

*\*we are sending 4 cups of uncooked rice and 6 wraps, this equals the grain for the rest of the school year.*

Fruit/ Vegetable:

APPLES = 2 servings = 2 days

FROZEN MIXED VEGETABLE = 3 (1/2 cup) servings = 3  
days

MILK = 5 servings = 5 days

As we are approaching the end of the year, we are cleaning out the freezer and will be sending a variety of foods next week. We are excited to show you a glimpse of the different foods your children have received throughout the school year. We hope you enjoy!! It has been our great pleasure to provide these nutritious and comforting foods to you and your families during these ever-changing times. We hope the summer refreshes and revitalizes you and well as keeps you safe and healthy. We are required by Child Nutrition to follow strict serving size and nutritional requirements. We would encourage you to be creative with the items delivered to you but, please note this is 5 breakfasts and 5 lunches, per student for the for the dates of June 11th, 12th, 15th, 16th and 17th.

## **PIZZA**

INSTRUCTIONS:

Thaw, may be reheated in a microwave to 165°F.

## **BEAN BURRITO**

INSTRUCTIONS:

Thaw, reheat in microwave to at least 145°F.

BE CAREFUL BURRITO WILL BE HOT!!!

## **HAMBURGER**

INSTRUCTIONS:

Thaw, may be reheated in a microwave to 165°F

## **RICE**

INGREDIENTS:

1 CUP RICE

2 CUPS WATER

1 Tsp BUTTER OR OIL, IF DESIRED

PINCH OF SALT, IF DESIRED

COOKING INSTRUCTIONS:

PLACE ALL INGREDIENTS IN A SAUCEPAN, BRING TO A BOIL. COVER AND REDUCED HEAT TO A SIMMER.

SIMMER FOR 20 MINUTES. FLUFF WITH FORK.