

# Welcome to our Breakfast Cafe at...

Port Chester Middle School

March 2019

Monday

Tuesday

Wednesday

Thursday

Friday

**FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!**



1 Sausage and Cheese Sandwich  
Applesauce  
Fresh Banana

4 Strudel Apple  
Diced Pear Cup  
Fresh Orange

5 Fluffy Whole Grain Waffles  
With Syrup  
Crispy Potato Puffs  
Pear and Pineapple Cup  
Fresh Red Delicious Apple

6 Whole Grain French Toast Slices  
With Syrup  
Turkey Sausage Patty  
Cinnamon Applesauce  
Fresh Orange

7 Fluffy Whole Grain Pancakes  
With Syrup  
Crispy Potato Puffs  
Mixed Fruit  
Fresh Red Delicious Apple

8 Sausage and Cheese Sandwich  
Crispy Potato Puffs  
Diced Pear Cup  
Fresh Banana



**Celebrate National School Breakfast Week with Samples and Fun Handouts :)**

11 Strudel Apple  
Sliced Peaches  
Fresh Red Delicious Apple

12 Fluffy Whole Grain Waffles  
With Syrup  
Crispy Potato Puffs  
Pear and Pineapple Cup  
Fresh Orange

13 Whole Grain French Toast Slices  
With Syrup  
Turkey Sausage Patty  
Diced Pear Cup  
Fresh Red Delicious Apple

14 Fluffy Whole Grain Pancakes  
With Syrup  
Crispy Potato Puffs  
Pineapple Cup  
Fresh Orange

15 Sausage and Cheese Sandwich  
Crispy Potato Puffs  
Cinnamon Applesauce  
Fresh Banana

18 Strudel Apple  
Diced Pear Cup  
Fresh Orange

**Superintendent's Day**  
**Staff Only**  
**ALL SCHOOLS CLOSED**

20 Whole Grain French Toast Slices  
With Syrup  
Turkey Sausage Patty  
Pineapple Cup  
Fresh Orange

21 Fluffy Whole Grain Pancakes  
With Syrup  
Crispy Potato Puffs  
Sliced Peaches  
Fresh Red Delicious Apple

22 Sausage and Cheese Sandwich  
Crispy Potato Puffs  
Pear and Pineapple Cup  
Fresh Banana

25 Strudel Apple  
Diced Pear Cup  
Fresh Red Delicious Apple

26 Fluffy Whole Grain Waffles  
With Syrup  
Crispy Potato Puffs  
Mixed Fruit  
Fresh Orange

27 Whole Grain French Toast Slices  
With Syrup  
Turkey Sausage Patty  
Sliced Peaches  
Fresh Red Delicious Apple

28 Fluffy Whole Grain Pancakes  
With Syrup  
Crispy Potato Puffs  
Pear and Pineapple Cup  
Fresh Orange

29 Sausage and Cheese Sandwich  
Crispy Potato Puffs  
Applesauce  
Fresh Banana



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



**Lunch Prices**  
Reimbursable Lunch \$1.25  
Reduced and Free \$0.00  
Adult Lunch \$4.00 TAX INCLUDED  
**Pay Online:**  
[MySchoolBucks.com](http://MySchoolBucks.com)  
If you have questions please call Magalie Porretto, Food Service Director at 914-934-7976

**Available Daily**  
Fresh Egg & Cheese Sandwiches on a Roll  
Sausage, Egg & Cheese WW on a Bagel  
Whole grain bagels w/ butter or low fat cream cheese  
Assorted Yogurt, Cold Cereal & Cereal Bars Served with:  
Choice of String Cheese or WW Dinner Roll  
Assorted Muffins: Blueberry, Chocolate Chip, Banana & Apple Honey Bun  
**All Breakfast are Served with Choice of:**  
Whole Fruit, Cupped Fruit, 100% Juice  
and/or Choice of Low-Fat or FF White or FF Chocolate Milk

This institution is an equal opportunity provider

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.