

Welcome to our Lunch Cafe at...

Port Chester Middle School

Free Breakfast for all students every day!

April 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

1 Rainbow Grilled Cheese
Or Spicy Chicken Sandwich
Sweet Potato Fries
Garden Salad
Mixed Fruit
Fresh Orange

Lucky Tray Day!

MEATLESS MONDAY

2 Soft Tacos
Or Nachos Grande
Taco Tuesday!
Yellow Rice
Pinto Beans
Fiesta Corn
Cinnamon Applesauce
Fresh Melon Cup

Assorted Toppings
Lettuce, Tomato,
Cheddar Cheese, Pico de Gallo

3 Homemade Pasta & Meatballs
Or Homemade Chicken & Broccoli Alfredo
Or Chicken Parmesan Over Pasta
Pasta Bar
All With Garlic Bread
Roasted Eggplant
Steamed Italian Vegetables
Sliced Peaches
Fresh Granny Smith Apple

4 General Tso's Chicken
Or Steamed Dumplings
Vegetable Fried Rice
Spicy Honey Carrots
Steamed Broccoli
Diced Pear Cup
Fresh Banana

International Carrot Day

5 Stuffed Bread
With Tomato Sauce Dip
Or Buffalo Chicken Pizza
Sauteed Spinach
Tomato Salad
Applesauce
Fresh Orange

8 Mozzarella Sticks
With Tomato Sauce Dip
And Garlic Bread
Or Chicken and Waffles
With Syrup
Sauteed Vegetable Medley
Carrot Dippers
Diced Pear Cup
Fresh Red Delicious Apple

MEATLESS MONDAY

9 Cheeseburger
Or Turkey Burger
Or Veggie Burger
All With Garlic Spear Pickle
Oven Baked Fries
Baked Beans
Mixed Fruit
Watermelon Slices

Burger Bar
Assorted Toppings
Lettuce, Tomato, Red Onion

10 Herb Crusted Pork Loin
P
Or Crispy Popcorn Chicken
All With Spanish Style Rice
Roasted Butternut Squash
Mixed Vegetables
Cinnamon Applesauce
Fresh Orange

Assorted Sauces
Ketchup, BBQ, Ranch,
Honey Mustard

11 Bacon, Egg and Cheese
Breakfast Sandwich
Or Whole Grain French Toast
Slices With Crispy
Sausage Links And Syrup
Crispy Potato Puffs
Red Pepper Strips
Homemade Peach Cobbler
Fresh Banana
100% Juice Fruit Punch

IT'S BRUNCH FOR LUNCH!

12 Homemade Chicken & Spinach Calzone
With Tomato Sauce Dip
Or Classic Cheese Pizza
Steamed Broccoli
Fresh Cucumber Salad
Diced Pear Cup
Fresh Grapes

Have a Healthy, Happy & Safe Spring Break!

All Schools Closed



Spring Break!

All Schools Closed

23 Peruvian Roasted Chicken
With Rice
Or Sweet & Sour Chicken
Sauce & Toss
Or Chicken Nuggets
All With Pretzel
Baked Plantains Maduros
Lemon Marinated Carrots
Diced Pear Cup
Fresh Red Delicious Apple

Chicken Bar

National Pretzel Day

24 Pasta & Meat Sauce
And Garlic Bread
Or Meatball Hero
Cauliflower Popcorn
Garden Salad
Mixed Fruit
Fresh Grapes

25 Crispy Tacos
Or Two Cheese Quesadilla
Spanish Style Rice
Fiesta Corn
Black Beans
Applesauce
Fresh Banana

Assorted Toppings
Lettuce, Tomato,
Cheddar Cheese, Pico de Gallo

26 Homemade Chicken & Cheese Stromboli
Or Pepperoni Pizza
Roasted Butternut Squash
Caesar Salad
Sliced Peaches
Fresh Orange

29 Homemade Mac & Cheese
Or BBQ Chicken
Dinner Rolls
Mixed Vegetables
Spinach Salad
Diced Pear Cup
Fresh Apple

Lucky Tray Day!

MEATLESS MONDAY

30 Fluffy Whole Grain Waffles
Or Fluffy Whole Grain Pancakes
With Scrambled Eggs
And Crispy Sausage Links
Crispy Potato Puffs
Red Pepper Strips
Cinnamon Apple Slices
Fresh Orange
100% Juice Fruit Punch

Breakfast Bar

IT'S BRUNCH FOR LUNCH!

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Lunch Prices

Reimbursable Lunch \$1.25
Reduced and Free \$0.00
Adult Lunch \$4.08

All Student Lunches Include:

Grain, Meat / meat alternate, Fresh veggies w/low-fat dip
Hot Vegetable of the Day, Salad
Fresh or cupped fruit / 100% Juice
1% or Skim White Milk, or FF Choc Milk

Pay Online:

MySchoolBucks.com

Made to Order Deli

Choose your Protein: Turkey, Ham, Spicy or Crispy Chicken
Choose your Cheese: American, Mozzarella, or Swiss
Choose your Bread: Kaiser Roll, Wrap, WW Sliced Bread

Finish with your favorite toppings and condiments

Alternate Lunches Available Daily:

Triple Decker Peanut Butter & Jelly on WW Bread
Fruit & Yogurt Parfait
Grab & Go Salads

Available Daily: Salad, Celery Sticks, Carrot Sticks, Apples & Oranges

Daily A la Carte: Assorted Beverages & Snack

Condiments available daily

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at www.Whitsons.com or scan our QR code to see all that we are doing to keep our young customers healthy!



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.