

Welcome to our Lunch Cafe at...

Port Chester Middle School

February

2019

Free Breakfast for all students every day!

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

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.



- 1 Buffalo Chicken Pizza Or Pizza Bites 🍃
Sautéed Spinach
Baked Sweet Potato
Applesauce
Fresh Orange

**Wear Red Day
#GOREDWEARRED**

- 4 Baked Pasta with Cheese 🍃
And Garlic Bread
Or Chicken Parmesan
Sandwich 🍃🍃
Steamed Peas
Caesar Salad
Sliced Peaches
Fresh Grapes

MEATLESS MONDAY
LUCKY TRAY DAY!

- 5 Cheeseburger Or Turkey Burger Or Veggie Burger
All With Garlic Spear Pickle
Oven Baked Fries
Tomato Salad
Mixed Fruit
Watermelon Slices
Burger Bar
Assorted Toppings
Lettuce, Tomato, Red Onion

- 6 Herb Crusted Pork Loin 🍃
Or Baked Chicken Tenders
Spanish Style Rice
Baked Sweet Potato
Mixed Vegetables
Pear and Pineapple Cup
Fresh Orange

Assorted Sauces
Ketchup, BBQ, Honey Mustard

- 7 General Tso's Chicken 🍃
Or Steamed Dumplings 🍃
With Vegetable Fried Rice
Spicy Honey Carrots
Steamed Broccoli
Applesauce
Fresh Banana

- 8 Cheese Pizza Sicilian Style 🍃
Or Meatball Hero 🍃🍃
Roasted Eggplant
Spicy Four Bean Salad 🍃
Pineapple Cup
Fresh Red Delicious Apple

National Pizza Day!

- 11 Mozzarella Sticks 🍃
With Tomato Sauce Dip 🍃
Or Buffalo Chicken Sauce & Toss
Whole Wheat Dinner Roll
Sautéed Vegetable Medley
Carrot Dippers
Diced Pear Cup
Fresh Red Delicious Apple

MEATLESS MONDAY

- 12 Crispy Tacos 🍃
Or Nachos Grande
Yellow Rice
Pinto Beans
Fiesta Corn
Cinnamon Applesauce
Fresh Melon Cup
Taco Tuesday!
Assorted Toppings
Lettuce, Tomato, Pico de Gallo, Sour Cream

- 13 Pasta & Meatballs 🍃🍃
Chicken & Broccoli Alfredo 🍃
Or Chicken Parmesan Over Pasta 🍃🍃
All With Garlic Bread
Sautéed Spinach
Caesar Salad
Sliced Peaches
Fresh Granny Smith Apple

Pasta Bar
National Italian Food Day!

- 14 Bacon, Egg and Cheese Breakfast Sandwich
Or Whole Grain French Toast Slices 🍃
With Turkey Sausage Patty
Crispy Potato Puffs
Red Pepper Strips
Apple Cobbler Side
Fresh Banana
100% Juice Fruit Punch
Heartzel Pretzels

Happy Valentine's Day

- 15 Pepperoni Pizza Or Four Cheese Calzone 🍃
With Tomato Sauce Dip
Steamed Broccoli
Tomato Salad
Pear and Pineapple Cup
Fresh Orange

LUCKY TRAY DAY!

Winter Recess

All Schools Closed

- 25 Homemade Mac & Cheese 🍃
With Whole Wheat Dinner Roll
Or Peruvian Roasted Chicken 🍃
With Spanish Style Rice
Mixed Vegetables
Carrot Dippers
Diced Pear Cup
Fresh Apple
David's Sugar Cookie

MEATLESS MONDAY

- 26 Fluffy Whole Grain Waffles 🍃
Or Fluffy Whole Grain Pancakes 🍃
With Scrambled Eggs
And Crispy Sausage Links
Sautéed Potatoes & Onions
Grape Tomatoes
Apple Cobbler Side
Fresh Orange
100% Juice Fruit Punch
Breakfast Bar

IT'S BRUNCH FOR LUNCH!

- 27 Crispy Popcorn Chicken Or Mozzarella Sticks 🍃
With Tomato Sauce Dip
French Bread
Celery & Carrot Sticks w/ Low Fat Dressing
Cajun Roasted Broccoli
Mixed Fruit
Fresh Melon Cup

Assorted Sauces
Ketchup, BBQ, Honey Mustard

- 28 Chicken Cheese Quesadilla Or Nachos Grande
Spanish Style Rice
Fiesta Corn
Black Beans 🍃
Applesauce
Fresh Banana

Assorted Toppings
Lettuce, Tomato, Pico de Gallo, Sour Cream

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



This institution is an equal opportunity provider

Lunch Prices

Reimbursable Lunch \$1.25
Reduced and Free \$0.00
Adult Lunch \$4.00 TAX INCLUDED

All Student Lunches Include
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, Tuna
Salad, Grilled Chicken & Buffalo Chicken
Choose your Cheese: American, Mozzarella, or Cheddar
Choose your Bread: WW Kaiser Roll, Wrap, Bagel
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

Daily A la Carte: Assorted Beverages & Snack

Condiments available daily

🍃 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.