

Welcome to our Breakfast Cafe

Port Chester High School

February 2018

This institution is an equal opportunity provider.

FREE BREAKFAST Every Day for All Students!

Monday

Tuesday

Wednesday

Thursday

Friday

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



VEGETARIAN

MADE WITH ORGANIC INGREDIENTS

MADE WITH ALL NATURAL INGREDIENTS

PORK

VEGAN

1 Scrambled Eggs with Cheese
And Whole Wheat Dinner Roll
All With Tator Tots
Pineapple Tidbits
Sliced Oranges

2 Homemade Waffles
With Syrup
And Turkey Sausage Patty
Applesauce
Fresh Banana

5 French Toast
With Turkey Sausage Patty
And Syrup
Mixed Fruit
Sliced Oranges

6 Scrambled Eggs
With Whole Wheat Dinner Roll
Tator Tots
Sliced Peaches
Fresh Red Delicious Apple

7 Homemade Pancakes
With Syrup
And Turkey Sausage Patty
Pear and Pineapple Cup
Sliced Oranges

Half Day All Schools
NO Lunch Service

8 Scrambled Eggs with Cheese
And Whole Wheat Dinner Roll
All With Tator Tots
Cinnamon Applesauce
Fresh Red Delicious Apple

9 Homemade Waffles
With Syrup
And Turkey Sausage Patty
Diced Pears
Fresh Banana

12 French Toast
And Turkey Sausage Patty
With Syrup
Applesauce
Sliced Oranges

13 Scrambled Eggs
With Whole Wheat Dinner Roll
And Tator Tots
Pear and Pineapple Cup
Fresh Red Delicious Apple

14 Homemade Pancakes
With Syrup
And Turkey Sausage Patty
Diced Pears
Sliced Oranges

15 Scrambled Eggs with Cheese
And Whole Wheat Dinner Roll
All With Tator Tots
Pineapple Tidbits
Fresh Grapes

16 Homemade Waffles
With Syrup
And Turkey Sausage Patty
Applesauce
Fresh Banana

WINTER RECESS
Have a Safe, Happy & Healthy Break
Elementary & High Schools CLOSED all week.
Middle School ONLY will be open Tuesday, Wednesday, & Thursday.

26 French Toast
And Turkey Sausage Patty
With Syrup
Applesauce
Sliced Oranges

27 Scrambled Eggs
With Whole Wheat Dinner Roll
And Tator Tots
Sliced Peaches
Fresh Granny Smith Apple

28 Homemade Pancakes
With Syrup
And Turkey Sausage Patty
Pear and Pineapple Cup
Fresh Banana

Why Eat Breakfast?

Kids who fuel up in the morning with a breakfast high in carbohydrates and protein before heading off to school gain many benefits, both mental and physical. These benefits not only last throughout the school day, but also can contribute to overall health and school performance over the long term.

SIMPLY ROOTED™ in food and family

At Whitsons we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply



Rooted™ in food and family and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



Lunch Prices:

Reimbursable Lunch \$1.30
Reduced & Free \$0.00
Adult Lunch \$3.90 TAX INCLUDED

**PAY ONLINE @
Myschoolbucks.com**

If you have questions please call
Magalie Porretto, Food Service
Director a (914) 934-7976

Available Daily

Fresh Egg & Cheese Sandwiches on a Roll, Ham, Egg & Cheese Bagel Assorted WG bagels w/ Butter, Jelly or Low-fat Cream Cheese Assorted Muffins: Blueberry, Chocolate Chip, Banana & Apple Assorted Yogurt & Cold Cereal Served With Belly Bears Fruit & Yogurt Parfait w/ Organic Granola
All served with choice of: Fresh Fruit, Cupped Fruit, 100% Fruit Juice, Fat-Free or 1% White milk or FF Chocolate Milk

**GRAB & GO BREAKFAST KIOSK IN THE MAIN ENTRANCE
OPEN 7:30-9:30 AM DAILY FREE FOR ALL STUDENTS!!!**

*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.