

Welcome to our Lunch Cafe at...

Port Chester High School

March 2019

MEATLESS MONDAY

Monday

Tuesday

FREE BREAKFAST Every Day for All Students!

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 Peruvian Roasted Chicken 🍗
With Beans & Rice 🌿🍌
Or Philly Cheese Steak With Sautéed Onions & Peppers
Baked Sweet Potato
Sautéed Spinach
Sliced Oranges
Chocolate Chip Cookie

IT'S STUDENT APPRECIATION DAY

4 Rainbow Grilled Cheese 🌈
Or Tomato & Cheese Griller 🍅🧀
Or Avocado Chicken Melt 🥑
Sweet Potato Fries 🍠
Cajun Roasted Broccoli 🌶️
Mixed Fruit 🍌
Watermelon Cup 🍉

5 Gyro 🌯
Or Oven Roasted Chicken With Yellow Rice And Whole Wheat Dinner Roll
Lemon Marinated Carrots
Roasted Potatoes
Diced Pear Cup
Fresh Red Delicious Apple 🍏

6 Cajun Roasted Pork 🌶️
Or Chicken Nuggets
Spanish Style Rice
Roasted Butternut Squash
Sautéed Vegetable Medley
Pear and Pineapple Cup
Sliced Oranges
Assorted Sauces:
Ranch, BBQ, Blue Cheese

7 Steamed Dumplings 🥟
Or General Tso's Chicken 🍗
Vegetable Fried Rice Or Lo Mein
Steamed Broccoli
Orange Glazed Carrots
Fresh Banana

Oriental Bar

8 Homemade three Cheese Stromboli 🍕
With Tomato Sauce Dip
Or Meatball Hero 🍕
Mixed Vegetables
Spicy Four Bean Salad
Pineapple Cup
Fresh Red Delicious Apple

Celebrate National School Breakfast Week with us! We will be handing out samples of new fruits and veggies all week!

11 Mozzarella Sticks 🍝
And French Bread With Tomato Sauce Dip
Italian Sausage Flatbread 🍝
Sautéed Vegetable Medley
Roasted Squash
Diced Pear Cup
Sliced Oranges

12 Soft Tacos 🌯
Taco Tuesday! Nachos Grande 🌯
Yellow Rice
Sweet & Spicy Roasted Corn
Pinto Beans
Cinnamon Applesauce
Fresh Melon Cup
Assorted Toppings
Tomato, Lettuce, Sour Cream
Pico de Gallo

13 Homemade Chicken & Broccoli Alfredo 🍝
Chicken Parmesan Over Pasta 🍝
Homemade Pasta & Meatballs 🍝
All With Garlic Bread
Sautéed Spinach
Roasted Eggplant
Sliced Peaches
Fresh Granny Smith Apple

Pasta Bar

14 Bacon, Egg and Cheese Breakfast Sandwich
Or Whole Grain French Toast Slices 🍞
With Crispy Sausage Links
Crispy Potato Puffs
Red Pepper Strips
Blueberry Cobbler
Fresh Banana
100% Orange Juice

IT'S BRUNCH! LUNCH!

15 Crispy Popcorn Chicken Or Meatloaf with Gravy
And Fluffy Mashed Potatoes
All With Dinner Rolls
Glazed Carrots
Caesar Salad
Pear and Pineapple Cup
Sliced Oranges

18 Homemade Baked Pasta with Cheese 🍝
With Garlic Bread
Or Chicken Parmesan Sandwich 🍝
Lemon Parmesan Peas
Cajun Roasted Broccoli
Sliced Peaches
Fresh Grapes

Superintendent's Day
Staff Only
ALL SCHOOLS CLOSED

20 Oven Roasted Chicken Or Buffalo Chicken Or BBQ Chicken
All With Spanish Style Rice
Whole Wheat Dinner Roll
Baked Plantains Maduros
Steamed Carrots
Diced Pear Cup
Sliced Oranges
Chicken Bar
Assorted Sauces:
Ranch, BBQ, Blue Cheese

21 Crispy Tacos 🌯
Or Chicken Cheese Quesadilla
Yellow Rice
Black Beans 🍲
Fiesta Corn
Cinnamon Applesauce
Fresh Banana
National Crispy Taco Day!
Tomato, Lettuce, Sour Cream
Pico de Gallo

22 Fish Patty Melt Sandwich Or Chicken Nugget & Mozzarella Stick Combo
With Garlic Bread
Sautéed Onions, Mushrooms & Spinach
Roasted Parmesan Butternut Squash
Sliced Peaches
Fresh Red Delicious Apple

25 Homemade Mac & Cheese 🍝
With Whole Wheat Dinner Roll
Or Barbecue Rib Sandwich
Sautéed Vegetable Medley
Sautéed Spinach
Diced Peach Cup
Fresh Red Delicious Apple

26 Fluffy Whole Grain Waffles 🍷 Or Homemade Pancakes 🍷
Crispy Sausage Links
And Scrambled Eggs 🍳
Potatoes with Onion
Grape Tomatoes
Sliced Oranges
100% Juice Fruit Punch
Brunch for Lunch Bar
Assorted Warm Toppings:
Syrup, Blueberries, Apples

IT'S BRUNCH! LUNCH!

27 Swedish Meatballs 🍝
Or Crispy Popcorn Chicken
Pasta with Butter French Bread
Orange Glazed Carrots
Steamed Broccoli
Mixed Fruit
Honeydew and Cantaloupe Cup
Assorted Sauces:
Ranch, BBQ, Blue Cheese

28 Smokehouse Pulled Pork Sandwich 🍖
Or Spicy Chicken Sandwich
Sweet Potato Fries
Baked Beans
Pear and Pineapple Cup
Sliced Oranges
David's Sugar Cookie

IT'S STUDENT APPRECIATION DAY

29 Pasta & Meat Sauce 🍝
With Cheesy Garlic Bread
Or Homemade three Cheese Calzone 🍝
With Tomato Sauce Dip
Green Beans
Roasted Eggplant
Sliced Peaches
Fresh Granny Smith Apple



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 \$1.30
Reduced & Free \$0.00
Adult Lunch \$3.90 TAX INCLUDED
All Lunches Include Choice of:
Hot Vegetable of the Day, Tossed Salad, Fresh or Cupped Fruit, 100% Fruit Juice and / or Fat-Free of 1% White Milk, FF Chocolate Milk

PAY ONLINE
@myschoolbucks.com

Daily Alternate Options:

Assorted Burgers W/ Fries, Assorted Pizza, Fruit & Yogurt Parfaits
Deli:
Choice of Protein: Turkey, Ham, Grilled Chicken, Tuna Salad, Cheeses
Choice of Bread: Kaiser, Wrap, Bagel and Finished how you choose
Tossed to Order Salad Bar:
A Bed of Fresh Romaine Finished with Your Choice of Toppings and Protein. Served with Dinner Rolls and your Choice of Dressing.
Daily Grab & Go Options:
Assorted Salads, Fruit & Yogurt Parfaits, Triple Decker PB&J
Available for a la Carte Daily: Fries, Soup, Snacks & Drinks
Condiments Available Daily

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.