

Welcome to our Lunch Cafe at...

Port Chester High School

April 2019

MEATLESS MONDAY

FREE BREAKFAST Every Day for All Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Mozzarella Sticks (✓)</p> <p>And French Bread</p> <p>With Tomato Sauce Dip</p> <p>Or Italian Sausage Flatbread (✓)</p> <p>Sauteed Vegetable Medley</p> <p>Roasted Squash</p> <p>Diced Pear Cup</p> <p>Sliced Oranges</p> <p>MEATLESS MONDAY</p>	<p>2 Soft Tacos (✓)</p> <p>Or Nachos Grande (✓)</p> <p>Yellow Rice</p> <p>Sweet & Spicy Roasted Corn</p> <p>Pinto Beans</p> <p>Cinnamon Applesauce</p> <p>Fresh Melon Cup</p> <p>Taco Tuesday!</p> <p><u>Assorted Toppings</u></p> <p>Tomato, Lettuce, Cheddar Cheese, Pico de Gallo</p>	<p>3 Homemade Chicken & Broccoli Alfredo (✓)(✓)</p> <p>Or Chicken Parmesan Over Pasta (✓)(✓)</p> <p>Or Homemade Pasta & Meatballs (✓)(✓)</p> <p>All With Garlic Bread</p> <p>Sauteed Spinach</p> <p>Roasted Eggplant</p> <p>Mixed Fruit</p> <p>Fresh Granny Smith Apple</p> <p>*Pasta Bar*</p>	<p>4 Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Or Whole Grain French Toast Slices (✓)</p> <p>With Crispy Sausage Links</p> <p>Potatoes with Onion</p> <p>Red Pepper Strips</p> <p>Homemade Peach Cobbler</p> <p>Fresh Banana</p> <p>100% Orange Juice</p> <p>BRUNCH FOR LUNCH!</p>	<p>5 Peruvian Roasted Chicken (✓)</p> <p>Beans & Rice (✓)(✓)(✓)</p> <p>Or Philly Cheese Steak</p> <p>With Sauteed Onions & Peppers</p> <p>Baked Sweet Potato</p> <p>Sauteed Spinach</p> <p>Sliced Oranges</p>
<p>8 Rainbow Grilled Cheese (✓)</p> <p>Or Tomato & Cheese Griller (✓)(✓)</p> <p>Or Avocado Chicken Melt (✓)</p> <p>Sweet Potato Fries</p> <p>Cajun Roasted Broccoli</p> <p>Mixed Fruit</p> <p>Watermelon Cup</p> <p>MEATLESS MONDAY</p>	<p>9 Gyro (✓)</p> <p>Or Oven Roasted Chicken With Yellow Rice</p> <p>And Whole Wheat Dinner Roll</p> <p>Mixed Vegetables</p> <p>Roasted Potatoes</p> <p>Diced Pear Cup</p> <p>Fresh Red Delicious Apple</p>	<p>10 Cajun Roasted Pork</p> <p>Or Chicken Nuggets</p> <p>Spanish Style Rice</p> <p>Roasted Butternut Squash</p> <p>Sauteed Vegetable Medley</p> <p>Diced Peaches</p> <p>Sliced Oranges</p> <p><u>Assorted Sauces:</u></p> <p>Ranch, BBQ, Blue Cheese</p>	<p>11 Steamed Dumplings (✓)</p> <p>Or General Tso's Chicken (✓)</p> <p>Vegetable Fried Rice</p> <p>Vegetable Egg Roll</p> <p>Steamed Broccoli</p> <p>Orange Glazed Carrots</p> <p>Applesauce</p> <p>Fresh Banana</p> <p>*Oriental Bar*</p>	<p>12 Homemade Four Cheese Calzone (✓)(✓)</p> <p>With Tomato Sauce Dip</p> <p>Or Meatball Hero (✓)</p> <p>Mixed Vegetables</p> <p>Spicy Four Bean Salad</p> <p>Mixed Fruit</p> <p>Fresh Grapes</p>

Have a Healthy, Happy & Safe Spring Break!

*** All Schools Closed ***



<p>Spring Break!</p> <p>* All Schools Closed *</p>	<p>23 Crispy Popcorn Chicken</p> <p>With Pretzel</p> <p>Or Jamaican Beef Patty</p> <p>Glazed Carrots</p> <p>Steamed Broccoli</p> <p>Mixed Fruit</p> <p>Sliced Oranges</p> <p>National Pretzel Day!</p> <p><u>Assorted Sauces:</u></p> <p>Ranch, BBQ, Blue Cheese</p>	<p>24 Oven Roasted Chicken</p> <p>Or Chicken Nuggets</p> <p>Or Sweet & Sour Chicken</p> <p>Sauce & Toss</p> <p>All With Spanish Style Rice</p> <p>Baked Plantains Maduros</p> <p>Mixed Vegetables</p> <p>Diced Pear Cup</p> <p>Fresh Red Delicious Apple</p> <p>*Chicken Bar*</p> <p><u>Assorted Sauces:</u></p> <p>Ranch, BBQ, Blue Cheese</p>	<p>25 Crispy Tacos (✓)</p> <p>Or Chicken Cheese</p> <p>Quesadilla</p> <p>Yellow Rice</p> <p>Black Beans</p> <p>Fiesta Corn</p> <p>Cinnamon Applesauce</p> <p>Fresh Banana</p> <p><u>Assorted Toppings</u></p> <p>Tomato, Lettuce, Cheddar Cheese, Pico de Gallo</p>	<p>26 Smokehouse Pulled Pork Sandwich (✓)</p> <p>Or Chicken and Waffles</p> <p>With Syrup</p> <p>Sweet Potato Fries</p> <p>Sauteed Onions, Mushrooms & Spinach</p> <p>Sliced Peaches</p> <p>Fresh Grapes</p>
<p>29 Homemade Mac & Cheese (✓)(✓)</p> <p>Or BBQ Chicken (✓)</p> <p>Dinner Rolls</p> <p>Sauteed Vegetable Medley</p> <p>Sauteed Spinach</p> <p>Diced Peach Cup</p> <p>Fresh Red Delicious Apple</p> <p>MEATLESS MONDAY</p>	<p>30 Fluffy Whole Grain Waffles (✓)</p> <p>Or Homemade Pancakes (✓)</p> <p>Crispy Sausage Links (✓)</p> <p>And Scrambled Eggs (✓)(✓)</p> <p>Potatoes with Onion</p> <p>Grape Tomatoes</p> <p>Fresh Melon Cup</p> <p>100% Juice Fruit Punch</p> <p>*Brunch for Lunch Bar*</p> <p><u>Assorted Warm Toppings:</u></p> <p>Syrup, Peaches, Apples</p> <p>BRUNCH FOR LUNCH!</p>	<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <h2>HARVEST of the MONTH</h2> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div> <div style="flex: 1; text-align: center;"> </div> <div style="flex: 1;"> </div> </div>		

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!



Lunch Prices:

Reimbursable Lunch \$1.30
 Reduced & Free \$0.00
 Adult Lunch \$4.08 TAX INCLUDED
All Lunches Include Choice of:
 Grain, Meat /meat alternate, 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

PAID ONLINE

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VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

Daily Alternate Options:

Assorted Burgers W/ Fries, Assorted Pizza, Fruit & Yogurt Parfaits
Deli:
 Choice of Protein: Turkey, Ham Spicy or Crispy Chicken, Cheeses Assorted Bread Options 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: Assorted Snacks & Drinks
 Assorted Condiments Available Daily

*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.