

# Welcome to our Lunch Cafe at...

**Port Chester Middle School**

**Free Breakfast for all students every day!**

**March 2019**

**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 Fresh Cucumber Salad Applesauce Fresh Orange Chocolate Chip Cookie

**IT'S STUDENT APPRECIATION DAY**

4 Tomato & Cheese Griller Or Rainbow Grilled Cheese Or Spicy Chicken Sandwich Sweet Potato Fries Caesar Salad Sliced Peaches Fresh Grapes

**MEATLESS MONDAY**

5 Cheeseburger Or Turkey Burger Or Veggie Burger All With Garlic Spear Pickle Oven Baked Fries Baked Beans Mixed Fruit Fresh Red Delicious Apple **\*Burger Bar\*** Assorted Toppings Lettuce, Tomato, Red Onion

6 Herb Crusted Pork Loin Or Chicken Nuggets Spanish Style Rice Roasted Butternut Squash 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 Homemade Sicilian Style Cheese Pizza Or Meatball Hero Roasted Eggplant Spicy Four Bean Salad Pineapple Cup Watermelon Cup

**Celebrate National School Breakfast Week with us! We will be giving out samples of new fruits & veggies all week!**

11 Mozzarella Sticks With Tomato Sauce Dip And Garlic Bread Or Ham & Cheese Panini Sautéed Vegetable Medley Carrot Dippers Diced Pear Cup Fresh Red Delicious Apple

**MEATLESS MONDAY**

12 Soft Tacos 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 Homemade Pasta & Meatballs Homemade Chicken & Broccoli Alfredo Chicken Parmesan Over Pasta All With Garlic Bread Sautéed Spinach Caesar Salad Sliced Peaches Fresh Granny Smith Apple **\*Pasta Bar\***

14 Sausage, Egg & Cheese Burrito\* Or Whole Grain French Toast Slices With Crispy Sausage Links And Syrup Crispy Potato Puffs Red Pepper Strips Blueberry Cobbler Fresh Banana 100% Juice Fruit Punch **BRUNCH LUNCH**

15 Homemade Chicken & Spinach Calzone With Tomato Sauce Dip Or Classic Cheese Pizza Steamed Broccoli Tomato Salad Pear and Pineapple Cup Fresh Orange **LUCKY TRAY DAY!**

18 Homemade Baked Pasta with Cheese And Garlic Bread Or Chicken Parmesan Sandwich Steamed Peas Caesar Salad Sliced Peaches Fresh Grapes **MEATLESS MONDAY**

**Superintendent's Day Staff Only ALL SCHOOLS CLOSED**

20 Oven Roasted Chicken BBQ Chicken Buffalo Chicken Tenders All With Spanish Style Rice And Whole Wheat Dinner Roll Baked Plantains Maduros Lemon Marinated Carrots Diced Pear Cup Fresh Red Delicious Apple **\*Chicken Bar\***

21 Crispy Tacos Or Buffalo Chicken and Cheese Quesadilla Spanish Style Rice Fiesta Corn Black Beans Applesauce Fresh Banana **National Crispy Taco Day!** Lettuce, Tomato, Sour Cream Pico de Gallo

22 French Bread Pizza Pepperoni Pizza Roasted Butternut Squash Green Beans Sliced Peaches Fresh Granny Smith Apple David's Sugar Cookie **IT'S STUDENT APPRECIATION DAY**

25 Homemade Mac & Cheese With Whole Wheat Dinner Roll Or Barbecue Rib Sandwich Mixed Vegetables Spinach Salad Diced Pear Cup Fresh Apple **LUCKY TRAY DAY!**

26 Fluffy Whole Grain Waffles Or Fluffy Whole Grain Pancakes With Scrambled Eggs And Crispy Sausage Links Crispy Potato Puffs Grape Tomatoes Blueberry Cobbler Fresh Orange 100% Juice Fruit Punch **BRUNCH LUNCH** **\*Breakfast Bar\***

27 Crispy Popcorn Chicken Or Swedish Meatballs Pasta with Butter And French Bread Cajun Roasted Broccoli Carrot Dippers Mixed Fruit Fresh Melon Cup

28 Turkey Hot Dog on Bun Cheeseburger Or Veggie Burger Baked Potato Wedges Tomato Salad Mixed Fruit Fresh Orange Assorted Toppings Lettuce, Tomato, Red Onion

29 Pizza Bagel Or Meatball Hero Roasted Eggplant Spicy Four Bean Salad Pineapple Cup Fresh Red Delicious 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.



This institution is an equal opportunity provider

**Lunch Prices**

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

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.