

Welcome to our Lunch Cafe at...

Port Chester Elementary Schools

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.



Lucky Tray Day!

4 Stuffed Bread With Tomato Sauce Dip Green Beans Fresh Cucumber Salad Diced Pear Cup Fresh Apple David's Chocolate Chip Cookie

IT'S STUDENT APPRECIATION DAY

5 Chicken Nuggets And Pasta with Butter Steamed Broccoli Carrot Dippers Cinnamon Applesauce Fresh Orange

Assorted Sauces Ketchup, BBQ, Ranch, Honey Mustard

6 Fluffy Whole Grain Waffles With Syrup Turkey Sausage Patty Carrot Dippers Crispy Potato Puffs Red Pepper Strips Blueberry Cobbler Fresh Pear Apple Cherry 100% Juice

IT'S BRUNCH FOR LUNCH!

7 Chicken Cheese Quesadilla Yellow Rice Fiesta Corn Pinto Beans Diced Pear Cup Fresh Banana

Assorted Toppings Cheddar Cheese, Tomato, Lettuce

1 Classic Cheese Pizza Steamed Broccoli Or Fruity Granola Parfait Red Pepper Strips Mixed Fruit Fresh Orange

8 Classic Cheese Pizza Or Pepperoni Pizza With Sautéed Spinach Or Fruity Granola Parfait Garden Salad Cinnamon Applesauce Fresh Grapes

MEATLESS MONDAY

Celebrate National School Breakfast Week with us! We will be handing out activities and fruit & veggie samples all week!

11 Mozzarella Sticks With Tomato Sauce Dip And Garlic Bread Steamed Peas Caesar Salad Watermelon Cup Diced Pear Cup

12 Crispy Popcorn Chicken Whole Wheat Dinner Roll Steamed Carrots Cucumber Coins Sliced Peaches Fresh Apple

Assorted Sauces Ketchup, BBQ, Ranch, Honey Mustard

Half Day Elementary Schools
NO LUNCH SERVICE
Breakfast ONLY

14 Homemade Pasta & Meatballs With Cheesy Garlic Bread Steamed Italian Vegetables Garden Salad Pineapple Cup Fresh Banana

15 Pizza Bagel Green Beans Or Fruity Granola Parfait Celery Sticks Mixed Fruit Fresh Orange

18 Grilled Cheese Sandwich Sweet Potato Fries Broccoli Bites Applesauce Fresh Apple

Superintendent's Day
Staff Only
ALL SCHOOLS CLOSED

20 Whole Grain Pancakes with Sausage And Syrup Crispy Potato Puffs Celery Sticks Cinnamon Apple Slices Fresh Orange Apple Cherry 100% Juice

IT'S BRUNCH FOR LUNCH!

21 Crispy Tacos With Yellow Rice Black Beans Tomato Salad Pear and Pineapple Cup Fresh Banana

National Crispy Taco Day!

Assorted Toppings Cheddar Cheese, Tomato, Lettuce

22 Classic Cheese Pizza Or BBQ Chicken Pizza With Cauliflower Popcorn Or Fruity Granola Parfait Caesar Salad Honeydew and Cantaloupe Cup Pineapple Cup

25 Homemade Baked Pasta with Cheese Garlic Bread Steamed Broccoli Garden Salad Diced Pear Cup Fresh Orange

26 Turkey Hot Dog on Bun Baked Beans Red Pepper Strips Diced Pear Cup Watermelon Cup David's Sugar Cookie

IT'S STUDENT APPRECIATION DAY

Assorted Toppings Ketchup, Mustard, Relish

27 Chicken Nugget & Mozzarella Stick Combo Whole Wheat Dinner Roll Green Beans Carrot Dippers Diced Pear Cup Fresh Grapes

Assorted Sauces Ketchup, Ranch, Marinara

28 Cheeseburger Or Veggie Burger Oven Baked Fries Chickpea Salad Sliced Peaches Fresh Banana

Assorted Toppings Tomato, Lettuce, Onion

29 Classic Cheese Pizza Mixed Vegetables Or Fruity Granola Parfait Cucumber Coins Mixed Fruit Fresh Orange



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 \$1.00
Reduced and Free \$0.00

Adult Lunch \$3.90 TAX INCLUDED

Pay Online:
MySchoolBucks.com

All lunches include choice of:

Fresh veggies w/low-fat dip/ Hot Vegetable of the

Day Tossed Salad/ Fresh or cupped fruit

100% Fruit Juice and / or

1% Milk or Fat Free Milk and FF Chocolate Milk

Free Breakfast for All Students Daily!

Alternate Lunch Options:

Bagel Melt

Peanut butter & Jelly Sandwich

Muffin served with Yogurt and String Cheese

Cold Sandwich Meal – Option B

Always on WW Bread: M: Ham T: Turkey W: American Combo

TH: Ham & Cheese, F: Turkey & Cheese

Salad Meal – Option C

Served with Dinner Rolls: Week 1- Garden Salad with Chicken, Week 2- Chef Salad, Week 3- Chicken Caesar Salad, Week 4- Garden Salad with Cheese, Week 5- Chef Salad

Assorted 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.