

# Welcome to our Lunch Cafe at...

**Port Chester Middle School**

**January**

**2019**

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

**MEATLESS MONDAY**

**Monday**

**HARVEST**  
of the **MONTH**



**Tuesday**

**Happy New Year!**  
**All Schools Closed**

**Wednesday**

**2** Egg & Bacon Wrap  
With Low Fat American Cheese  
Or Whole Grain Pancakes with Sausage And Syrup  
Crispy Potato Puffs  
Carrot Dippers  
Apple Cobbler Side  
Fresh Orange  
Apple 100% Juice  
**IT'S BRUNCH FOR LUNCH!**

**Thursday**

**3** Crispy Tacos Or Soft Tacos 🍌  
All With Yellow Rice  
Fiesta Corn  
Black Beans  
Pineapple Cup  
Fresh Banana  
**\*Taco Bar\***  
Beef or Chicken  
Assorted Toppings  
Lettuce, Tomato, Sour Cream

**Friday**

**4** Pepperoni Pizza Or Pizza Bites 🍕  
Sauteed Spinach  
Baked Sweet Potato  
Mixed Berry Cup  
Fresh Red Delicious Apple  
Chocolate Chip Cookie  
**IT'S STUDENT APPRECIATION DAY**

**7** Baked Pasta with Cheese 🍝  
And Garlic Bread  
Or Crispy Chicken Sandwich  
Steamed Peas  
Caesar Salad  
Sliced Peaches  
Fresh Grapes  
**MEATLESS MONDAY**  
**Lucky Tray Day!**

**8** Cheeseburger Or Turkey Burger Or Veggie Burger  
All With Garlic Spear Pickle  
Oven Baked Fries  
Tomato Salad  
Mixed Fruit  
Watermelon Slices  
**\*Burger Bar\***  
Assorted Toppings  
Lettuce, Tomato, Red Onion

**9** Herb Crusted Pork Loin 🍖  
Or Baked Chicken Tenders  
Spanish Style Rice  
Roasted Butternut Squash  
Mixed Vegetables  
Pear and Pineapple Cup  
Fresh Orange  
Assorted Sauces  
Ketchup, BBQ, Honey Mustard

**10** Tangerine Dream Chicken Rice Bowl 🍗  
Or Steamed Dumplings 🥟  
With Vegetable Fried Rice  
Spicy Honey Carrots  
Steamed Broccoli  
Applesauce  
Fresh Banana

**11** Cheese Pizza Sicilian Style 🍕  
Or Meatball Hero 🍕  
Roasted Eggplant  
Spicy Four Bean Salad 🍲  
Pineapple Cup  
Fresh Grapes  
**Enjoy a nice cold milk in celebration of National Milk Day!**

**14** Mozzarella Sticks 🍝  
With Tomato Sauce Dip 🍷  
And Garlic Bread  
Or Grilled Chicken Panini 🍗  
Sauteed Vegetable Medley  
Carrot Dippers  
Diced Pear Cup  
Fresh Red Delicious Apple  
**MEATLESS MONDAY**

**15** Crispy Tacos 🍌  
Or Nachos Grande  
Yellow Rice  
Pinto Beans  
Fiesta Corn  
Cinnamon Applesauce  
Fresh Melon Cup  
Assorted Toppings  
Lettuce, Tomato, Pico de Gallo, Sour Cream  
**Taco Tuesday!**

**16** Pasta & Meatballs 🍝  
Or Cheese Ravioli with Tomato Sauce 🍝  
Or Chicken Parmesan Over Pasta 🍝  
All With Garlic Bread  
Sauteed Spinach  
Caesar Salad  
Sliced Peaches  
Fresh Granny Smith Apple  
**\*Pasta Bar\***

**17** Sausage, Egg & Cheese Burrito\* 🌯  
Or Whole Grain French Toast Slices 🍞  
With Crispy Sausage Links And Syrup  
Hash Brown Potatoes  
Red Pepper Strips  
Apple Cobbler Side  
Fresh Banana  
100% Juice Fruit Punch  
**IT'S BRUNCH FOR LUNCH!**

**18** Ham Pepperoni and Cheese Stromboli 🍕  
Or Classic Cheese Pizza 🍕  
Steamed Broccoli  
Tomato Salad  
Pear and Pineapple Cup  
Fresh Orange  
**Lucky Tray Day!**

**21**   
**MARTIN LUTHER KING JR. DAY**

**22** Oven Roasted Chicken Or Spicy Popcorn Chicken Or Baked Chicken Tenders  
All With Spanish Style Rice And Whole Wheat Dinner Roll  
Baked Plantains Maduros  
Mixed Vegetables  
Diced Pear Cup  
Fresh Red Delicious Apple  
**\*Chicken Bar\***

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

**24** Buffalo Chicken and Cheese Quesadilla Or Nachos Grande  
Spanish Style Rice  
Fiesta Corn  
Black Beans 🍲  
Applesauce  
Fresh Banana  
Assorted Toppings  
Lettuce, Tomato, Pico de Gallo, Sour Cream

**25** Pizza Bagel 🍕  
Buffalo Chicken Pizza  
Roasted Butternut Squash  
Green Beans  
Carrot Dippers  
Sliced Peaches  
Fresh Granny Smith Apple

**28** Homemade Mac & Cheese 🍝  
With Whole Wheat Dinner Roll  
Or Barbecue Rib Sandwich  
Mixed Vegetables  
Glazed Carrots  
Diced Pear Cup  
Fresh Apple  
Oatmeal Cookie  
**MEATLESS MONDAY**

**29** Fluffy Whole Grain Waffles 🍷 Or Fluffy Whole Grain Pancakes 🍷  
With Scrambled Eggs And Crispy Sausage Links  
Sauteed Potatoes & Onions  
Grape Tomatoes  
Apple Cobbler Side  
Fresh Orange  
100% Juice Fruit Punch  
**IT'S BRUNCH FOR LUNCH!**  
**\*Breakfast Bar\***

**30** Chicken Nuggets French Bread Stuffed Bread 🍞  
With Tomato Sauce Dip  
Cajun Roasted Broccoli  
Confetti Garbanzo Bean Salad  
Mixed Fruit  
Fresh Melon Cup

**31** Pasta & Meat Sauce 🍝  
With Cheesy Garlic Bread Or Three Cheese Calzone 🍝  
With Tomato Sauce Dip 🍷  
Steamed Italian Vegetables  
Caesar Salad  
Mixed Fruit  
Fresh Orange

**WHITSON'S**  
School Nutrition  
Whitsons proudly supports clean, sustainable agriculture!  
We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



**Lunch Prices**  
Reimbursable Lunch \$1.25  
Reduced and Free \$0.00  
Adult Lunch \$4.00 TAX INCLUDED

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.