

Welcome to our Lunch Cafe at...

Port Chester High School

January

2019

FREE BREAKFAST Every Day for All Students!

MEATLESS MONDAY

Monday

HARVEST
of the MONTH



Tuesday

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

Wednesday

2 **Homemade Pancakes** (V) (P)
With Crispy Sausage Links And Syrup
Or Bacon, Egg and Cheese Breakfast Sandwich
Hash Brown Potatoes
Steamed Carrots
Apple Cobbler Side
Fresh Grapes
100% Orange Juice
BRUNCH FOR LUNCH!

Thursday

3 **Soft Tacos** (P)
Or Crispy Tacos
Yellow Rice
Black Beans (P)
Fiesta Corn
Pineapple Cup
Fresh Banana
Taco Bar
Turkey or Beef
Assorted Toppings:
Tomato, Lettuce, Sour Cream

Friday

4 **Peruvian Roasted Chicken** (P)
With Beans & Rice (V) (P)
Or Philly Cheese Steak
With Sauteed Onions & Peppers
Baked Sweet Potato
Sauteed Spinach
Sliced Oranges
Chocolate Chip Cookie
IT'S STUDENT APPRECIATION DAY

7 **Baked Pasta with Cheese** (V)
With Garlic Bread
Or Italian Sausage Flatbread (P)
Lemon Parmesan Peas
Cajun Roasted Broccoli
Sliced Peaches
Fresh Grapes
MEATLESS MONDAY

8 **Avocado Chicken Melt** (P)
Or Roma Pepperoni Griller (P)
Sweet Potato Fries
Sriracha Garbanzo Beans
Mixed Fruit
Watermelon Cup

9 **Herb Crusted Pork Loin** (P)
Baked Chicken Tenders
Spanish Style Rice
Roasted Butternut Squash
Sauteed Vegetable Medley
Pear and Pineapple Cup
Sliced Oranges

10 **Steamed Dumplings** (P)
Or Tangerine Chicken
Vegetable Fried Rice
Or Lo Mein
Steamed Broccoli
Orange Glazed Carrots
Pineapple Cup
Fresh Banana
Oriental Bar

11 **Chicken Cordon Blue Calzone** (P) (P)
Or Meatball Hero
Mixed Vegetables
Spicy Four Bean Salad
Pineapple Cup
Fresh Grapes
Enjoy a nice cold milk in celebration of National Milk Day!

14 **Mozzarella Sticks** (V)
And French Bread
With Tomato Sauce Dip
Or Balsamic Chicken Panini
Sauteed Onions, Mushrooms & Spinach
Roasted Squash
Diced Pear Cup
Fresh Apple
MEATLESS MONDAY

15 **Crispy Tacos** (P)
Or Nachos Grande (P)
Taco Tuesday!
Yellow Rice
Sweet & Spicy Roasted Corn
Pinto Beans
Cinnamon Applesauce
Fresh Melon Cup
Assorted Toppings:
Tomato, Lettuce, Cheddar, Pico De Gallo, Sour Cream

16 **Chicken & Broccoli Alfredo** (P)
Or Chicken Parmesan Over Pasta (P) (P)
Or Pasta & Meatballs (P) (P)
All With Garlic Bread
Sauteed Spinach
Caesar Salad
Sliced Peaches
Fresh Granny Smith Apple
Pasta Bar

17 **Breakfast Waffle Tower** Or Whole Grain French Toast Slices (V)
With Crispy Sausage Links And Syrup
Crispy Potato Puffs
Red Pepper Strips
Apple Cobbler Side
Fresh Banana
100% Orange Juice
BRUNCH FOR LUNCH!

18 **Ham Pepperoni and Cheese Stromboli** (P) (P)
Or Meatloaf with Gravy (P)
And Fluffy Mashed Potatoes
All With Dinner Rolls
Glazed Carrots
Caesar Salad
Pear and Pineapple Cup
Sliced Oranges



Regents Schedule:
Breakfast: Students free breakfast and A la Carte items will be available in the cafeteria daily from 7:30 am - 8:10 am. The Upstairs Kiosk will be Closed.
Lunch: Lunch will be open daily from 10:30 am - 11:30 am. As always your meal comes with your choice of fruit, vegetable, milk and/or juice. A La Carte items will also be available for purchase during open hours.
Good Luck!

28 **Homemade Mac & Cheese** (V) (P)
With Whole Wheat Dinner Roll
Or Barbecue Rib Sandwich
Sauteed Vegetable Medley
Sauteed Spinach
Diced Peach Cup
Fresh Red Delicious Apple
Oatmeal Cookie
MEATLESS MONDAY

29 **Homemade Pancakes** (V) (P)
Or Fluffy Whole Grain Waffles (V)
Crispy Sausage Links
Scrambled Eggs
Potatoes with Onion
Grape Tomatoes
Sliced Oranges
100% Juice Fruit Punch
Brunch for Lunch Bar
Assorted Warm Toppings:
Syrup, Peaches, Apples

30 **Cuban Melt** (P) (P)
Crispy Popcorn Chicken
With Vegetable Rice Pilaf
Sweet Potato Fries
Sriracha Garbanzo Beans
Mixed Fruit
Honeydew and Cantaloupe Cup

31 **Meaty Lasagna Rollup** (P)
With Garlic Bread
Or Stuffed Bread (V)
With Tomato Sauce Dip
Steamed Broccoli
Balsamic Glazed Vegetables
Mixed Fruit
Sliced Oranges

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.



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.

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