

Welcome to our Lunch Cafe at...

Port Chester Elementary Schools

February 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 Classic Cheese Pizza
With Steamed Broccoli
Or Fruity Granola Parfait

Red Pepper Strips
Mixed Fruit
Fresh Granny Smith Apple

Wear Red Day
#GOREDWEARRED

- 4 Grilled Cheese Sandwich
Oven Baked Fries
Broccoli Bites
Applesauce
Fresh Grapes

MEATLESS MONDAY
Lucky Tray Day!

- 5 Cheeseburger Or Veggie Burger
Sweet Potato Fries
Garden Salad
Cinnamon Applesauce
Fresh Orange

Assorted Toppings
Tomato, Lettuce, Onion

- 6 Fluffy Whole Grain Waffles With Syrup
Turkey Sausage Patty
Crispy Potato Puffs
Carrot Dippers
Apple Cobbler Side
Fresh Pear
Apple Cherry 100% Juice

IT'S BRUNCH FOR LUNCH!

- 7 Chicken Cheese Quesadilla With Rice
Fiesta Corn
Pinto Beans
Diced Pear Cup
Fresh Banana
Chocolate Chip Cookie

Assorted Toppings*
Cheddar Cheese,
Tomato, Lettuce

IT'S STUDENT APPRECIATION DAY

- 8 Pepperoni Pizza
With Sautéed Spinach
Or Fruity Granola Parfait

Celery & Carrot Sticks w/
Low Fat Dressing
Cinnamon Applesauce
Fresh Red Delicious Apple

National Pizza Day!

- 11 Stuffed Bread
With Tomato Sauce Dip
Steamed Peas
Caesar Salad
Diced Pear Cup
Fresh Orange

MEATLESS MONDAY

- 12 Nachos Grande
With Yellow Rice
Black Beans
Tomato Salad
Pear and Pineapple Cup
Fresh Banana

Assorted Toppings
Cheddar Cheese,
Tomato, Lettuce

- 13 Pasta & Meatballs
With Cheesy Garlic Bread
Steamed Italian
Vegetables
Garden Salad
Pineapple Cup
Fresh Melon Cup

National Italian Food Day!

- 14 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Steamed Carrots
Cucumber Coins
Sliced Peaches
Fresh Apple
Heartzel Pretzels

Happy Valentine's Day!
Assorted Sauces
Ketchup, BBQ, Ranch,
Honey Mustard

- 15 Classic Cheese Pizza
Mixed Vegetables
Or Fruity Granola Parfait

Celery & Carrot Sticks w/
Low Fat Dressing
Mixed Fruit
Fresh Orange

Winter Recess

All Schools Closed

- 25 Pizza Bite & Mozzarella Stick Combo
With French Bread
Steamed Broccoli
Cucumber Coins
Mixed Fruit
Fresh Orange
David's Sugar Cookie

MEATLESS MONDAY
WELCOME BACK TO SCHOOL!

- 26 Turkey Hot Dog on Bun
Baked Beans
Sweet Potato Fries
Diced Pear Cup
Fresh Granny Smith Apple

Lucky Tray Day!

Assorted Toppings
Ketchup, Mustard, Relish

- 27 Whole Grain Pancakes
with Sausage
And Syrup
Crispy Potato Puffs
Carrot Dippers
Cinnamon Apple Slices
Fresh Orange
Apple Cherry 100% Juice

IT'S BRUNCH FOR LUNCH!

- 28 Crispy Tacos
With Rice
Sweet Corn
Tomato Salad
Sliced Peaches
Honeydew and
Cantaloupe Cup

Assorted Toppings
Cheddar Cheese,
Tomato, Lettuce

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



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
Bagel 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

Every Friday we also offer Fruit & Yogurt Parfait!

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.