

Welcome to our Lunch Cafe at...

Port Chester Elementary Schools

April 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

1 Mozzarella Sticks
With Tomato Sauce Dip
And Garlic Bread
Mixed Vegetables
Garden Salad
Applesauce
Fresh Orange

2 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Fluffy Mashed Potatoes
Cucumber Coins
Sliced Peaches
Fresh Apple

3 Homemade Pasta & Meatballs
With Cheesy Garlic Bread
Steamed Italian Vegetables
Chickpea Salad
Cinnamon Applesauce
Watermelon Cup

4 Cheeseburger Or Veggie Burger
Oven Baked Fries
Carrot Dippers
Diced Pear Cup
Fresh Banana

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

MEATLESS MONDAY

Assorted Sauces
Ketchup, BBQ, Ranch

International Carrot Day!

8 Stuffed Bread
With Tomato Sauce Dip
Green Beans
Fresh Cucumber Salad
Diced Pear Cup
Fresh Apple

9 Chicken Nuggets
And Pasta with Butter
Steamed Broccoli
Grape Tomatoes
Cinnamon Applesauce
Fresh Orange

10 Fluffy Whole Grain Waffles
With Syrup
Turkey Sausage Puff
Crispy Potato Puffs
Red Pepper Strips
Homemade Peach Cobbler
Fresh Pear
Apple Cherry 100% Juice

11 Nachos Grande
Yellow Rice
Pinto Beans
Diced Pear Cup
Fresh Banana

12 Classic Cheese Pizza
Or Pepperoni Pizza
With Sauteed Spinach
Or Fruity Granola Parfait
Celery & Carrot Sticks
w/ Low Fat Dressing
Cinnamon Applesauce
Fresh Grapes

MEATLESS MONDAY

Lucky Tray Day!

Assorted Sauces
Ketchup, BBQ, Ranch

IT'S BRUNCH FOR LUNCH TIME!

Assorted Toppings
Cheddar Cheese, Tomato, Lettuce

Have a Healthy, Happy & Safe Spring Break!

All Schools Closed



22
Spring Break!
All Schools Closed

23 Baked Chicken Tenders
Pretzel Mini Sticks WG
Green Beans
Carrot Dippers
Sliced Peaches
Fresh Apple

24 Whole Grain French Toast
With Turkey Sausage Patty And Syrup
Crispy Potato Puffs
Celery Sticks
Cinnamon Apple Slices
Fresh Orange
Apple Cherry 100% Juice

25 Crispy Tacos
With Yellow Rice
Black Beans
Tomato Salad
Diced Pear Cup
Fresh Banana

26 Pizza Bagel
Mixed Vegetables
Or Fruity Granola Parfait
Garden Salad
Mixed Fruit
Fresh Melon Cup

National Pretzel Day!
Assorted Sauces
Ketchup, BBQ, Ranch

IT'S BRUNCH FOR LUNCH TIME!

Assorted Toppings
Cheddar Cheese, Tomato, Lettuce

29 Grilled Cheese Sandwich
Oven Baked Fries
Broccoli Bites
Applesauce
Fresh Orange

30 Turkey Hot Dog on Bun
Baked Beans
Red Pepper Strips
Diced Pear Cup
Watermelon Cup
Oatmeal Cookie

MEATLESS MONDAY

Lucky Tray Day!

National Oatmeal Cookie Day!
Assorted Toppings
Ketchup, Mustard, Relish

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.



At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at www.Whitsons.com or scan our QR code to see all that we are doing to keep our young customers healthy!



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

Sides Available Daily: Salad, Celery Sticks, Carrots Sticks, Apples & Oranges
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.