

# Welcome to our Lunch Cafe at...

**Port Chester Middle School**

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

**May 2019**

**MEATLESS MONDAY**

Monday

## 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.



Tuesday

Wednesday

Thursday

Friday

6 Rainbow Grilled Cheese   
Or Grilled Cheese with Bacon  
Or Springtime Grilled Cheese   
Oven Baked Fries  
Tomato Salad  
Mixed Fruit  
Fresh Orange

**MEATLESS MONDAY**

**\*Grilled Cheese Bar\***

7 Bacon, Egg and Cheese Breakfast Sandwich  
Or Fluffy Whole Grain Waffles With Crispy Sausage Links And Syrup  
Crispy Potato Puffs  
Red Pepper Strips  
Homemade Peach Cobbler  
Fresh Banana  
100% Juice Fruit Punch

**BRUNCH LUNCH**

**Taco Tuesday!**

Assorted Toppings  
Lettuce, Tomato, Sour Cream, Pico de Gallo

8 Herb Crusted Pork Loin   
 Or Crispy Popcorn Chicken  
All With Spanish Style Rice  
Roasted Butternut Squash  
Mixed Vegetables  
Cinnamon Applesauce  
Fresh Orange

Assorted Sauces  
Ketchup, BBQ, Ranch, Honey Mustard

9 Pasta & Meat Sauce   
With Garlic Bread  
Or Meatball Hero  
Cauliflower Popcorn  
Confetti Garbanzo Bean Salad  
Mixed Fruit  
Fresh Red Delicious Apple

**Lucky Tray Day!**

10 Homemade Chicken & Spinach Calzone   
With Tomato Sauce Dip  
Or Classic Cheese Pizza   
Steamed Broccoli  
Fresh Cucumber Salad  
Diced Pear Cup  
Fresh Melon Cup



13 Homemade Mac & Cheese   
 With Whole Wheat Dinner Roll  
Or Spicy Chicken Sandwich  
Green Beans **TRY IT!**  
Carrot Dippers  
With Ranch Flavored Hummus   
Diced Pear Cup  
Fresh Apple

**MEATLESS MONDAY**

**National Hummus Day!**

14 Crispy Tacos   
Or Two Cheese Quesadilla  
All With Yellow Rice  
Fiesta Corn  
Black Beans  
Applesauce  
Fresh Orange

Assorted Toppings  
Lettuce, Tomato, Sour Cream, Pico de Gallo

15 Peruvian Roasted Chicken   
 Korean BBQ Chicken  
Or Chicken Nuggets  
All With Rice  
And Whole Wheat Dinner Roll  
Baked Plantains Maduros  
Fresh Cucumber Salad  
Mixed Fruit  
Fresh Red Delicious Apple  
**\*Chicken Bar\***

**National BBQ Day!**

16 Turkey Hot Dog on Bun  
Or Barbecue Rib Sandwich  
Sweet Potato Fries  
Baked Beans  
Garden Salad  
Diced Pear Cup  
Watermelon Slices

17 Pizza Bites   
Or Pepperoni Pizza  
Roasted Butternut Squash  
Caesar Salad  
Sliced Peaches  
Fresh Orange

20 Mozzarella Sticks   
With Tomato Sauce Dip  
And Whole Wheat Dinner Roll  
Or Buffalo Chicken Panini   
Sauteed Vegetable Medley  
Buttered Corn  
Mixed Fruit  
Fresh Orange

**MEATLESS MONDAY**

21 Chicken and Waffles  
With Syrup  
Or Jamaican Beef Patty  
Glazed Carrots  
Garden Salad  
Diced Peaches  
Fresh Apple

22 Homemade Pasta & Meatballs   
Or Homemade Chicken & Broccoli Alfredo   
Or Chicken Parmesan Over Pasta   
**\*Pasta Bar\*** All With Garlic Bread  
Roasted Eggplant  
Confetti Garbanzo Bean Salad  
Diced Pear Cup  
Fresh Grapes

**Lucky Tray Day!**

23 Classic Cheese Pizza   
Or Buffalo Chicken Pizza  
Sauteed Spinach  
Tomato Salad  
Applesauce  
Fresh Orange

**Memorial Day Holiday**  
**ALL SCHOOLS CLOSED**



28 Cheeseburger  
Or Veggie Burger   
Or Turkey Hot Dog on Bun  
Baked Beans  
Sweet Potato Fries  
Cinnamon Applesauce  
Watermelon Cup  
**Indoor BBQ**  
Assorted Toppings  
Ketchup, Mustard, Mayo  
Lettuce, Tomato, Red Onion

29 Whole Grain French Toast Slices   
Or Whole Grain Pancakes with Sausage  
Or Scrambled Eggs   
Crispy Potato Puffs  
Red Pepper Strips  
Apple Cobbler Side  
Fresh Orange  
100% Juice Fruit Punch  
**\*Breakfast Bar\***

30 Nachos Grande   
Or Mission Burrito   
Yellow Rice  
Fiesta Corn  
Black Beans  
Mixed Fruit  
Fresh Banana  
Assorted Toppings  
Lettuce, Tomato, Sour Cream, Pico de Gallo

31 Homemade Chicken & Cheese Stromboli   
Or Pepperoni Pizza  
Sauteed Spinach  
Celery & Carrot Sticks w/ Low Fat Dressing  
Sliced Peaches  
Fresh Red Delicious Apple

**Lucky Tray Day!**



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



This institution is an equal opportunity provider

**Lunch Prices**  
Reimbursable Lunch \$1.25  
Reduced and Free \$0.00  
Adult Lunch \$4.08  
**All Student Lunches Include:**  
Grain, Meat / meat alternate, 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](http://MySchoolBucks.com)

**Made to Order Deli**  
Choose your Protein: Turkey, Ham, Spicy or Crispy Chicken  
Choose your Cheese: American, Mozzarella, or Swiss  
Choose your Bread: Kaiser Roll, Wrap, WW Sliced Bread  
**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  
**Available Daily:** Salad, Celery Sticks, Carrot Sticks, Apples & Oranges  
**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.