

Welcome to our Lunch Cafe @

Port Chester High School

February 2018

This institution is an equal opportunity provider.

FREE BREAKFAST Every Day for All Students!

Monday

Tuesday

Wednesday

Thursday

Friday



HARVEST
of the
MONTH



We proudly support clean, organic, local and sustainable agriculture.

5 Nachos Grande 🍌
Or Chicken Quesadilla
Yellow Rice
Buttered Corn
Beans
Mixed Fruit
Sliced Oranges
Assorted Toppings:
Tomato, Lettuce, Cheddar,
Pico De Gallo

6 General Tso's Chicken
Or Beef & Broccoli 🍌
Vegetable Fried Rice
Or Lo Mein 🍌
Sauteed Bok Choy
Spicy Honey Carrots
Applesauce
Fresh Banana
National Chop Stick Day

**Half Day
All Schools
NO LUNCH SERVICE
Breakfast Only**

8 Chicken Bar
BBQ Chicken
Or Oven Roasted Chicken
Or Chicken Tenders
Beans & Rice
Or Pasta with Butter 🍌
Baked Sweet Potato
Grilled Squash
Diced Peaches
Melon Cup

9 Ham Pepperoni and Cheese
Stromboli 🍌
Or Baked Pasta with Cheese
With Whole Wheat Dinner
Roll
Balsamic Glazed Vegetables
Sauteed Spinach
Diced Pears
Sliced Oranges

12 St. Louis BBQ Rib
Sandwich*
Or Grilled Cheese & Tomato
Sandwich 🍌
Golden Baked Potato
Wedges
Sauteed Onions, Mushrooms
& Spinach
Pineapple Tidbits
Fresh Red Delicious Apple

13 Pasta, Pasta, Pasta
With Garlic Bread
Roasted Eggplant
Sauteed Vegetable Medley
Caesar Salad
Diced Peaches
Fresh Banana
Spaghetti or Rotini
Marinara, Alfredo, Meat Sauce
Meatballs or Chicken Parm.
National Italian Food Day

14 Cuban Sandwich 🍌
Or Buffalo Chicken Panini 🍌
Baked Plantains Maduros
Roasted Parmesan
Butternut Squash
Diced Pears
Sliced Oranges
**Happy Valentine's Day
Enjoy a Sweet Treat!**

15 Chimichanga 🍌
Or Crispy Tacos
Yellow Rice
Fiesta Corn
Refried Beans
Mixed Fruit
Fresh Red Delicious Apple
Assorted Toppings:
Tomato, Lettuce, Cheddar,
Pico De Gallo

16 Baked Tilapia 🍌
Or BBQ Chicken
With Brown Rice
Cajun Roasted Broccoli 🍌
Sauteed Potatoes & Onions
Applesauce
Fresh Grapes

19 WINTER RECESS
Have a Safe, Happy & Healthy Break
Elementary & High Schools **CLOSED** all week.
Middle School **ONLY** will be open Tuesday, Wednesday, & Thursday.

26 Mixed Up Chicken
Or Meatball Parmesan
Sandwich 🍌
Golden Baked Potato
Wedges
Sauteed Kale
Diced Pears
Sliced Oranges

27 Pork Carnitas 🍌
Or Vegetarian Tostada 🍌
Spanish Style Rice
Pinto Beans
Baked Sweet Potato
Strawberry Cup
Fresh Grapes
National Strawberry Day

28 Homemade Waffles 🍌
Or Homemade Pancakes 🍌
Scrambled Eggs
And Turkey Sausage Patty
Potatoes with Onion
Honey Glazed Carrots with
Yogurt Drizzle
Fresh Red Delicious Apple
100% Juice Fruit Punch

Sweet Potato Fun Facts
~Sweet potatoes are loaded with vitamin A. They're also a good source of fiber, vitamin B6, and potassium.
~Sweet potatoes can be long and thin or fat and chunky. They are orange, white, or even purple.
~Potatoes and sweet potatoes aren't related.
~Most of America's sweet potatoes come from North Carolina.

SIMPLY ROOTED™ in food and family

At Whitsons we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply



Rooted™ in food and family and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



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

Additional Grill Specials:

M- Philly Cheese Steak, T- Hot Dog, W-Sausage & Peppers
Th-BBQ Rib Sandwich, F- Grilled Cheese

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.

Available for a la Carte Daily: Fries, Soup, Snacks & Drinks

🌿 **VEGETARIAN** 🍌 **MADE WITH ALL NATURAL INGREDIENTS** 🍖 **PORK** 🌱 **VEGAN** 🍌 **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.