

Welcome to our Lunch Cafe @

Port Chester Middle School

This institution is an equal opportunity provider.

~FREE BREAKFAST FOR ALL STUDENTS EVERYDAY~

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday



HARVEST
of the
MONTH



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

5 Pancakes & Sausage
Bacon, Egg and Cheese
Breakfast Sandwich
Hash Browns
Garden Salad
Apple Cobbler Side
Fresh Grapes
100% Orange Juice

BRUNCH FOR LUNCH TODAY!

6 General Tso's Chicken
Steamed Dumplings 🍤
Vegetable Fried Rice
Stir Fry Vegetables
Spicy Honey Carrots
Diced Pears
Fresh Banana

National Chop Stick Day

7 Chicken Nuggets
Or Stuffed Bread Sticks 🍞
Whole Wheat Dinner Roll
Steamed Broccoli
Garden Salad
Mixed Fruit
Fresh Red Delicious Apple

Half Day All Schools
8th Lunch Service ONLY
11:30-12:15

1 BBQ Rib Sandwich
Or Chicken Tenders
With Whole Wheat Dinner Roll
Sweet Potato Fries
Bean Salad
Pear and Pineapple Cup
Fresh Red Delicious Apple

Assorted Sauces
BBQ, Ranch, Honey Mustard, Ketchup

2 Chicken & Cheese Stromboli 🍝
Or Cheese Pizza 🍕
Tator Tots
Steamed Broccoli
Diced Peaches
Sliced Oranges

National Tater Tot Day

12 Chicken Bar
BBQ Chicken Or Baked Chicken Or Buffalo Chicken Tenders 🍗
Spanish Style Rice
Roasted Squash
Sauteed Potatoes & Onions
Mixed Fruit
Fresh Red Delicious Apple

13 Chicken Parm Sandwich
Or Pasta & Meatballs 🍝
With Cheesy Garlic Bread
Roasted Eggplant
Caesar Salad
Applesauce
Fresh Banana

National Italian Food Day

14 Mixed Up Chicken
With Whole Wheat Dinner Roll
Or Grilled Cheese 🍷
Sweet Potato Fries
Green Beans
Diced Pears
Sliced Oranges

Happy Valentine's Day
Enjoy a Sweet Treat!

Half Day
Parent Teacher Conferences
Breakfast Service ONLY
NO LUNCH

16 Cheese Pizza 🍕
Or Fish Sandwich 🐟
Mixed Vegetables
Broccoli Florets
Diced Pears
Sliced Oranges

Winter Recess
ALL SCHOOLS CLOSED

20 Chicken Quesadilla
Or Nachos Grande 🍷
Yellow Rice
Fiesta Corn
Tomato Salad
Sliced Pears
Fresh Red Delicious Apple

Assorted Toppings
Tomato, Lettuce, Cheddar, Pico De Gallo

21 Mozzarella Sticks 🍷
With French Bread
And Tomato Sauce Dip
Or Buffalo Chicken Panini 🍗
Roasted Squash
Lemon Marinated Carrots
Diced Pears
Sliced Oranges

22 Baked Pasta with Cheese 🍝
And Garlic Bread
Or Pepperoni Pizza 🍕
Sauteed Spinach
Chickpea Salad
Diced Peaches
Sliced Oranges

Winter Recess
ALL SCHOOLS CLOSED

26 Cheeseburger
Or Turkey Hot Dog on Bun
Golden Baked Potato Wedges
Baked Beans
Diced Pears
Fresh Red Delicious Apple
Sugar Cookie

IT'S STUDENT APPRECIATION DAY

27 Sausage, Egg & Cheese Burrito* 🍷
Or French Toast 🍞
With Turkey Sausage Patty And Syrup
Tator Tots
Red Pepper Strips
Strawberry Cup
Sliced Oranges
100% Juice Fruit Punch

National Strawberry Day

28 Taco Bar
Crispy Tacos 🍷
Or Soft Taco 🍷
With Yellow Rice
Sweet & Spicy Roasted Corn
Black Beans
Tomato Salad
Mixed Fruit
Fresh Grapes
Assorted Toppings
Tomato, Lettuce, Cheddar, Pico De Gallo

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 \$1.25
Reduced & Free \$0.00
Adult Lunch \$3.90 TAX INCLUDED
All Lunches Include Choice of:
Fresh Veggies with Low-fat Dip,
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

Available Daily:

Grab & Go Meals

Fruit & Yogurt Parfaits

Made to Order Deli and Salad Bar

Choose your Protein: Turkey, Ham, Tuna, Grilled Chicken, American
Mozzarella or Swiss Cheese

Deli: Your Choice of Bread: WW Kaiser, Wrap or Bagel

~or~

Salad Bar: A-top a bed of Romaine Lettuce, Tossed with your choice of fresh mix-ins & served with Dinner Rolls

Condiments Available Daily

🌿 **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.