

Welcome to our Lunch Cafe @

Port Chester Middle School

This institution is an equal opportunity provider.

~FREE BREAKFAST FOR ALL STUDENTS EVERYDAY~

March 2018

Monday

Tuesday

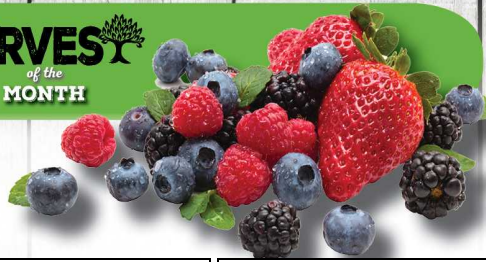
Wednesday

Thursday

Friday



HARVEST
of the
MONTH



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

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| <p>5 Pancakes & Sausage Or Bacon, Egg and Cheese Breakfast Sandwich Hash Brown Potatoes Red Pepper Strips Apple Cobbler Side Fresh Grapes 100% Orange Juice</p> | <p>6 General Tso's Chicken Or Beef & Broccoli 🍷 Vegetable Fried Rice Stir Fry Vegetables Spicy Honey Carrots Diced Pear Cup Sliced Oranges</p> | <p>7 Chimichanga 🍷 Or Nachos Grande Beans & Rice Sweet & Spicy Roasted Corn Tomato Salad Mixed Fruit Fresh Red Delicious Apple *Assorted Toppings* Tomato, Lettuce, Cheddar, Pico De Gallo</p> | <p>8 Burger Bar Cheeseburger Or Veggie Burger 🍷 Or Turkey Burger Baked Potato Wedges Baked Beans Applesauce Fresh Banana *Assorted Toppings* Tomato, Lettuce, Red Onion, Pickles</p> | <p>9 Pizza Bagel 🍷 Or Whole Grain Fish Sticks With Tartar Sauce And French Bread Cauliflower Popcorn Caesar Salad Pear and Pineapple Cup Fresh Red Delicious Apple</p> |
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This is National School Breakfast Week!! Join us in celebrating the opening of our new and exciting Breakfast Kiosk in the main entry! Don't forget Breakfast is FREE!

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| <p>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</p> | <p>13 Pasta & Meatballs 🍷 With Cheesy Garlic Bread Or Chicken Parmesan Sandwich Roasted Eggplant Caesar Salad Applesauce Fresh Banana</p> | <p>14 Avocado Chicken Melt 🍷 Or Grilled Cheese 🍷 Sweet Potato Fries Green Beans Diced Pear Cup Sliced Oranges</p> | <p>15 Gyro 🍷 Or Mozzarella Sticks 🍷 With Tomato Sauce Dip And Whole Wheat Dinner Roll Lemon Marinated Carrots Chickpea Salad Pineapple Cup Fresh Banana</p> | <p>16 Classic Cheese Pizza 🍷 Or Fish Fillet with Cheese Sandwich 🍷 Mixed Vegetables Broccoli Florets Diced Pear Cup Sliced Oranges</p> |
| <p>19 Chicken Nuggets With French Bread Or Philly Cheese Steak 🍷 Lemon Parmesan Peas Sweet Potato Fries Sliced Peaches Sliced Oranges Oatmeal Cookie National Oatmeal Cookie Day</p> | <p>20 Baked Pasta with Cheese 🍷 And Garlic Bread Ham Pepperoni and Cheese Stromboli 🍷 Chickpea Salad Garden Salad Pear and Pineapple Cup Fresh Red Delicious Apple Middle School Makeup Day</p> | <p>21 Taco Bar Crispy Tacos 🍷 Or Soft Tacos 🍷 With Yellow Rice Sweet & Spicy Roasted Corn Black Beans Mixed Fruit Watermelon Cup National Crispy Taco Day *Assorted Toppings* Tomato, Lettuce, Cheddar, Pico De Gallo</p> | <p>22 Herb Crusted Pork Loin 🍷 Or Baked Chicken Beans & Rice Baked Plantains Maduros Baked Sweet Potato Diced Pear Cup Fresh Banana <i>Try Something New!</i></p> | <p>23 French Bread Pizza 🍷 Or Sausage Onions & Peppers Sandwich 🍷 Sauteed Spinach Steamed Italian Vegetables Sliced Peaches Fresh Red Delicious Apple</p> |

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| <p>26 Cheeseburger Or Turkey Hot Dog on Bun Golden Baked Potato Wedges Baked Beans Pear and Pineapple Cup Sliced Oranges</p> | <p>27 Sausage, Egg & Cheese Burrito* 🍷 Or WG French Toast Slices 🍷 With Turkey Sausage Patty And Syrup Crispy Tator Tots Red Pepper Strips Apple Cobbler Side Fresh Grapes 100% Juice Fruit Punch</p> | <p>28 Pasta, Pasta, Pasta Cheesy Garlic Bread Roasted Eggplant Sauteed Vegetable Medley Caesar Salad Diced Pear Cup Fresh Red Delicious Apple Spaghetti or Rotini Marinara, Alfredo, or Meat Sauce Meatballs or Chicken Parm</p> | <p>29 Pepperoni Pizza 🍷 Or Buffalo Chicken Panini 🍷 Mixed Vegetables Celery and Carrot Sticks with Low Fat Dressing Mixed Fruit Sliced Oranges</p> | <p>Spring Recess All Schools Closed</p> |
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SIMPLY ROOTED™ in food and family

Did you know that all of our tuna is dolphin safe? It's true, also, our shelled eggs are cage-free (or pasture-raised when possible). This is because 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.