

# Welcome to our Lunch Cafe at...

Port Chester Elementary Schools

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 Mozzarella Sticks  
With Tomato Sauce Dip  
Garlic Bread  
Cauliflower Popcorn  
Caesar Salad  
Diced Pear Cup  
Fresh Apple

**MEATLESS MONDAY**

*Lucky Tray Day!*

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

*\*Assorted Sauces\*  
Ketchup, BBQ, Ranch*

8 Whole Grain Pancakes  
with Sausage And Syrup  
Crispy Potato Puffs  
Red Pepper Strips  
Homemade Peach  
Cobbler  
Fresh Apple  
Apple Cherry 100% Juice

**IT'S BRUNCH FOR LUNCH**

9 Nachos Grande  
Yellow Rice  
Fiesta Corn  
Pinto Beans  
Diced Pear Cup  
Fresh Banana

*\*Assorted Toppings\*  
Cheddar Cheese,  
Tomato, Lettuce*

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



13 Grilled Cheese Sandwich  
Oven Baked Fries  
Ranch Flavored Hummus  
With Carrot Dippers  
Diced Peaches  
Fresh Pear

**MEATLESS MONDAY**

*TRY IT!*

*National Hummus Day!*

14 Chicken and Waffles  
With Syrup  
Sweet Potato Fries  
Spinach Salad  
Cinnamon Applesauce  
Fresh Banana

15 Pasta & Meat Sauce  
Cheesy Garlic Bread  
Steamed Italian  
Vegetables  
Fresh Cucumber Salad  
Diced Pear Cup  
Fresh Orange  
David's Chocolate Chip  
Cookie

*National Chocolate Chip Day*

16 Turkey Hot Dog on Bun  
Baked Beans  
Garden Salad  
Applesauce  
Watermelon Slices

*Lucky Tray Day!*

*National BBQ Day!*

17 French Bread Pizza  
Mixed Vegetables  
Or Fruity Granola Parfait  
Broccoli Florets  
Mixed Fruit  
Fresh Apple

20 Stuffed Bread  
With Tomato Sauce Dip  
Steamed Peas  
Caesar Salad  
Applesauce  
Fresh Orange

**MEATLESS MONDAY**

*Lucky Tray Day!*

21 Crispy Popcorn Chicken  
With Pretzel  
Glazed Carrots  
Cucumber Coins  
Sliced Peaches  
Fresh Apple

*\*Assorted Sauces\*  
Ketchup, BBQ, Ranch*

22 Whole Grain French  
Toast With Turkey  
Sausage Patty And Syrup  
Crispy Potato Puffs  
Red Pepper Strips  
Cinnamon Apple Slices  
Fresh Melon Cup  
Apple Cherry 100% Juice

**IT'S BRUNCH FOR LUNCH**

23 Classic Cheese Pizza  
Steamed Broccoli  
Or Fruity Granola Parfait  
Confetti Black Bean Salad  
Mixed Fruit  
Fresh Banana

**Memorial Day Holiday**

**ALL SCHOOLS CLOSED**



28 Cheeseburger  
Or Organic Vegan Burger  
Oven Baked Fries  
Garden Salad  
Diced Pear Cup  
Fresh Orange

*Lucky Tray Day!*

*\*Assorted Toppings\*  
Tomato, Lettuce*

29 Chicken Nugget &  
Mozzarella Stick Combo  
French Bread  
Steamed Broccoli  
Chickpea Salad  
Diced Peaches  
Fresh Apple

30 Crispy Tacos  
With Yellow Rice  
Fiesta Corn  
Tomato Salad  
Diced Pear Cup  
Fresh Banana

*\*Assorted Toppings\*  
Cheddar Cheese,  
Tomato, Lettuce*

31 Classic Cheese Pizza  
Or Pepperoni Pizza  
Green Beans  
Or Fruity Granola Parfait  
Carrot Dippers  
Cinnamon Applesauce  
Fresh Grapes



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.



**Lunch Prices**

Reimbursable Lunch \$1.00  
Reduced and Free \$0.00  
Adult Lunch \$4.08

**Pay Online:**  
[MySchoolBucks.com](http://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.