

Welcome to our Lunch Cafe @

Port Chester Elementary Schools

This institution is an equal opportunity provider.

February

2018

FREE BREAKFAST Every Day for all Students!

Monday

Tuesday

Wednesday

Thursday

Friday



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

1 Mozzarella Sticks
 Tomato Sauce Dip
 Whole Wheat Dinner Roll
 Mixed Vegetables
 Celery Sticks
 Diced Pears
 Watermelon Cup
 Sugar Cookie

IT'S STUDENT APPRECIATION DAY

2 Cheese Pizza
 Fruity Granola Parfait

 Tator Tots
 Caesar Salad
 Sliced Peaches
 Sliced Oranges

National Tater Tot Day

5 Cheeseburger Or Veggie Burger
 Oven Baked Fries
 Veggie Dippers
 Diced Pears
 Fresh Apple

Try Something New! **Swiss Cheese**

6 Meatball Dunkers
 And Pasta with Butter
 Steamed Broccoli
 Fresh Cucumber Salad
 Applesauce
 Fresh Banana

Lucky Tray Day!

Half Day All Schools

NO LUNCH SERVICE

Breakfast Only

8 Nachos Grande
 With Yellow Rice
 Fiesta Corn
 Beans
 Mixed Fruit
 Sliced Oranges

Assorted Toppings
 Diced Tomato, Shredded
 Lettuce Cheddar Cheese

9 Pepperoni Pizza
 Fruity Granola Parfait

 Sautéed Spinach
 Carrot Dippers
 Diced Pears
 Fresh Grapes

12 Chicken Tenders
 With Spanish Style Rice
 Buttered Corn
 Fresh Broccoli
 Pear and Pineapple Cup
 Sliced Oranges

Assorted Sauces
 BBQ, Ranch, Ketchup

13 Cheesy Pasta Bake with
 Meat Sauce
 Garlic Bread
 Steamed Italian
 Vegetables
 Caesar Salad
 Sliced Peaches
 Fresh Banana

National Italian Food Day

14 French Toast
 With Syrup
 And Turkey Sausage
 Patty
 Tator Tots
 Red Pepper Strips
 Apple Cobbler Side
 Melon Cup
 100% Juice Fruit Punch
Happy Valentine's Day
Enjoy a Sweet Treat!

15 Turkey Hot Dog on Bun
 Baked Beans
 Oven Baked Fries
 Applesauce
 Fresh Grapes

Lucky Tray Day!

16 Cheese Pizza
 Fruity Granola Parfait

 Steamed Broccoli
 Grape Tomatoes
 Mixed Fruit
 Sliced Oranges

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 Popcorn Chicken
 Whole Wheat Dinner Roll
 Peas
 Carrot Dippers
 Applesauce
 Sliced Oranges

Assorted Sauces
 BBQ, Ranch, Ketchup

27 Crispy Tacos
 Beans & Rice
 Fiesta Corn
 Tomato Salad
 Strawberry Cup
 Fresh Apple

National Strawberry Day

Assorted Toppings
 Diced Tomato, Shredded Lettuce
 Cheddar Cheese

28 Grilled Cheese
 Sweet Potato Fries
 Cucumber Coins
 Pear and Pineapple Cup
 Fresh Grapes

Lucky Tray Day!

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 \$1.00
 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 Mil

Pay Online @ Myschoolbucks.com

Daily Alternate Lunch Options: Bagel Melt
 Peanut Butter & Jelly Sandwich
 Bagel served with Yogurt and a String Cheese

Cold Sandwich Meal - Option B
 Always on WW Bread: **M:** Ham, **T:** Turkey, **W:** Chicken Salad, **TH:** American Combo, **F:** Chicken Club

Salad Meal - Option C
 Always served with Dinner Rolls: Week 1: Garden Salad w/ Chicken, Week 2: Chef Salad, Week 3: Chicken Caesar Salad, Week 4: Garden Salad w/ Cheese, Week 5: Chef Salad

Every Friday we also offer Fruit & Yogurt Parfait

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.