

# Welcome to our Lunch Cafe at...

## Port Chester High School

May 2019

**FREE BREAKFAST Every Day for All Students!**

**MEATLESS MONDAY**

Monday

Tuesday

Wednesday

Thursday

Friday

### 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.



- 6 Rainbow Grilled Cheese   
Or Tomato & Cheese Griller   
  
Or Avocado Chicken Melt   
Sweet Potato Fries  
Garden Salad  
Cinnamon Applesauce  
Sliced Oranges



- 7 Gyro   
Or Oven Roasted Chicken With Yellow Rice And Whole Wheat Dinner Roll  
Mixed Vegetables  
Roasted Potatoes  
Diced Pear Cup  
Fresh Red Delicious Apple

- 8 Cajun Roasted Pork Or Chicken Nuggets Spanish Style Rice Roasted Butternut Squash Sauteed Vegetable Medley Diced Peaches Sliced Oranges

*Assorted Sauces:  
Ranch, BBQ, Blue Cheese*

- 9 Steamed Dumplings   
General Tso's Chicken   
Vegetable Fried Rice  
Vegetable Egg Roll  
Steamed Broccoli  
Orange Glazed Carrots  
Applesauce  
Fresh Banana

*\*Oriental Bar\**

- 10 Peruvian Roasted Chicken   
Beans & Rice   
Or Philly Cheese Steak With Sauteed Onions & Peppers  
Baked Sweet Potato  
Sauteed Spinach  
Sliced Oranges



- 13 Homemade Mac & Cheese   
Or BBQ Chicken   
With Dinner Rolls  
Sauteed Vegetable Medley  
Carrot Dippers  
With Homemade Hummus

Diced Peach Cup  
Fresh Red Delicious Apple  
**National Hummus Day!**



- 14 Crispy Tacos   
Or Soft Tacos   
All With Yellow Rice  
**Taco Tuesday**  
Pinto Beans  
Fiesta Corn  
Cinnamon Applesauce  
Fresh Banana

*\*Taco Bar\*  
Assorted Toppings  
Tomato, Lettuce,  
Sour Cream, Pico de Gallo*

- 15 Chicken and Waffles With Syrup  
Or Ham & Cheese Panini   
Glazed Carrots  
Caesar Salad  
Mixed Berry Cup  
Fresh Granny Smith Apple

- 16 Smokehouse Pulled Pork Sandwich   
Or Barbecue Rib Sandwich  
Sweet Potato Fries  
Baked Beans  
Sliced Peaches  
Fresh Grapes

**National BBQ Day!**

- 17 Meaty Lasagna Rollup   
With Garlic Bread  
Or Stuffed Bread   
With Tomato Sauce Dip  
Sauteed Spinach  
Fresh Cucumber Salad  
Diced Pear Cup  
Fresh Banana

- 20 Mozzarella Sticks   
With Tomato Sauce Dip  
And Whole Wheat Dinner Roll  
Or Spicy Chicken Sandwich  
Mixed Vegetables  
Oven Baked Fries  
Applesauce  
Sliced Oranges



- 21 Crispy Popcorn Chicken With Pretzel  
Or Jamaican Beef Patty  
Glazed Carrots  
Steamed Broccoli  
Mixed Fruit  
Fresh Red Delicious Apple

*Assorted Sauces:  
Ranch, BBQ, Blue Cheese*

- 22 Oven Roasted Chicken Or Chicken Nuggets Or Sweet & Sour Chicken Sauce & Toss  
All With Spanish Style Rice  
Baked Plantains Maduros  
Mixed Vegetables  
Diced Pear Cup  
Fresh Grapes

*\*Chicken Bar\*  
Assorted Sauces:  
Ranch, BBQ, Blue Cheese*

- 23 Nachos Grande  
Or Chicken Cheese Quesadilla  
All With Yellow Rice  
Black Beans  
Fiesta Corn  
Tomato Salad  
Cinnamon Applesauce  
Fresh Banana  
Assorted Toppings  
Tomato, Lettuce,  
Sour Cream, Pico de Gallo

**Memorial Day Holiday**  
**ALL SCHOOLS CLOSED**



- 28 BBQ Chicken With Homemade Lite Veggie Pasta Salad  
And Whole Wheat Dinner Roll  
Or New Yorker Dog   
Sweet Potato Fries  
Baked Beans  
Cinnamon Applesauce  
Watermelon Slices

**Indoor BBQ**

- 29 Fluffy Whole Grain Waffles   
 Or Homemade Pancakes   
 Crispy Sausage Links   
And Scrambled Eggs   
Potatoes with Onion  
Grape Tomatoes  
Fresh Red Delicious Apple  
100% Juice Fruit Punch

*\*Brunch for Lunch Bar\*  
Assorted Warm Toppings:  
Syrup, Peaches, Apples*

- 30 Sausage Onions & Peppers Sandwich   
Or Homemade Pasta & Meatballs   
With Garlic Bread  
Steamed Italian Vegetables  
Spicy Four Bean Salad  
Mixed Fruit  
Fresh Banana

- 31 Chicken Nugget & Mozzarella Stick Combo   
With Tomato Sauce Dip  
And Whole Wheat Dinner Roll  
Or Italian Stallion Panini   
  
  
Roasted Eggplant  
Caesar Salad  
Applesauce  
Sliced Oranges

**Lunch Prices:**

Reimbursable Lunch \$1.30  
Reduced & Free \$0.00  
Adult Lunch \$4.08 TAX INCLUDED  
All Lunches Include Choice of:  
Grain, Meat /meat alternate, 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

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

**Daily Alternate Options:**

Charbroiled Beef Burgers , Assorted Pizza, Fruit & Yogurt Parfaits  
**Deli:**

Choice of Protein: Turkey, Ham, Spicy, Buffalo or Crispy Chicken, Assorted Cheeses

Assorted Bread Options 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.

**Daily Grab & Go Options:**

Assorted Salads, Fruit & Yogurt Parfaits, Triple Decker PB&J  
Available for a la Carte Daily: Assorted Snacks & Drinks  
Assorted Condiments Available Daily

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.



This institution is an equal opportunity provider.

\*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.