

# Welcome to our Lunch Cafe

## Port Chester High School

This institution is an equal opportunity provider.

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

**March 2018**

Monday

Tuesday

Wednesday

Thursday

Friday



**HARVEST**  
of the  
**MONTH**



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

<p>5 Nachos Grande 🍌 Or Chicken Cheese Quesadilla Yellow Rice Buttered Corn Beans Cinnamon Applesauce Sliced Oranges</p>	<p>6 General Tso's Chicken Or Beef &amp; Broccoli 🍌 Vegetable Fried Rice Or Lo Mein 🍌 Sautéed Bok Choy Spicy Honey Carrots Mixed Fruit Fresh Red Delicious Apple</p>	<p>7 Homemade French Toast 🍌 With Ham 🍌 And Syrup Or Sausage, Egg &amp; Cheese Burrito* 🍌 Sautéed Potatoes &amp; Onions Honey Glazed Carrots with Yogurt Drizzle Apple Cobbler Side 100% Juice Fruit Punch</p>	<p>8 BBQ Chicken Or Oven Roasted Chicken Or Baked Chicken Tenders Beans &amp; Rice Or Pasta with Butter 🍌 Baked Sweet Potato Grilled Squash Diced Peaches Fresh Banana</p>	<p>9 Meatball Hero Or Baked Pasta with Cheese 🍌 With Whole Wheat Dinner Roll Sautéed Spinach Balsamic Glazed Vegetables Diced Pear Cup Sliced Oranges</p>
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This week is National School breakfast Week! Come join us and try a new fruit every day. Don't forget breakfast is FREE everyday in the Cafe & at the Kiosk!

<p>12 St. Louis BBQ Rib Sandwich* Or Tomato &amp; Cheese Griller 🍌 Sweet Potato Fries Sautéed Onions, Mushrooms &amp; Spinach Pineapple Cup Fresh Red Delicious Apple</p>	<p>13 Pasta, Pasta, Pasta With Garlic Bread Roasted Eggplant Sautéed Vegetable Medley Caesar Salad Diced Peaches Fresh Melon Cup Spaghetti or Rotini Marinara, Alfredo, Meat Sauce Meatballs or Chicken Parm.</p>	<p>14 Roast Pork Loin With Beans &amp; Rice Or Buffalo Chicken Panini 🍌 Baked Plantains Maduros Roasted Parmesan Butternut Squash Diced Pear Cup Sliced Oranges</p>	<p>15 Chimichanga 🍌 Or Nachos Grande 🍌 Spanish Style Rice Fiesta Corn Refried Beans Mixed Fruit Fresh Banana <b>Assorted Toppings:</b> Tomato, Lettuce, Cheddar, Pico De Gallo</p>	<p>16 Fish Tacos 🍌 Or BBQ Chicken With Brown Rice Cajun Roasted Broccoli 🍌 Glazed Carrots Applesauce Fresh Grapes</p>
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<p>19 Avocado Chicken Melt 🍌 Or Turkey Hot Dog on Bun Golden Baked Potato Wedges Baked Beans Applesauce Sliced Oranges Oatmeal Cookie <b>National Oatmeal Cookie Day</b></p>	<p><b>Superintendent's Conference Day</b> <b>Elementary &amp; High Schools Closed</b> <b>Middle School Makeup Day</b></p>	<p>21 Crispy Tacos Or Soft Tacos 🍌 All With Yellow Rice Fiesta Corn Black Beans Pineapple Cup Honeydew and Cantaloupe Cup <b>National Crispy Taco Day</b> <b>Assorted Toppings:</b> Tomato, Lettuce, Cheddar, Pico De Gallo</p>	<p>22 Chicken &amp; Broccoli Stir Fry 🍌 With Vegetable Fried Rice Or Vegetable Tofu Lo Mein 🍌 Oriental Vegetable Blend Spicy Honey Carrots Pear and Pineapple Cup Fresh Banana</p>	<p>23 Mozzarella Sticks 🍌 With Tomato Sauce Dip And French Bread Or Ham Pepperoni and Cheese Stromboli 🍌 Roasted Butternut Squash Steamed Spinach Sliced Peaches Fresh Red Delicious Apple</p>
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<p>26 Mixed Up Chicken With Whole Wheat Dinner Roll Or Meatball Hero 🍌 Roasted Parmesan Butternut Squash Sautéed Kale Diced Pear Cup Fresh Red Delicious Apple</p>	<p>27 Pulled Pork 🍌 Or Baked Chicken With Whole Wheat Dinner Roll And Beans &amp; Rice Baked Plantains Maduros Mixed Vegetables Applesauce Sliced Oranges <b>Baked Plantains</b> <i>Try Something New!</i></p>	<p>28 Homemade Waffles 🍌 Or Fluffy Pancakes 🍌 Scrambled Eggs Crispy Sausage Links Potatoes with Onion Honey Glazed Carrots with Yogurt Drizzle Mixed Fruit Fresh Red Delicious Apple 100% Juice Fruit Punch</p>	<p>29 Baked Pasta with Homemade Meat Sauce 🍌 And Garlic Bread Or Sausage Onions &amp; Peppers Sandwich 🍌 Sautéed Vegetable Medley Chili Roasted Garbanzo Beans Mixed Fruit Sliced Oranges</p>	<p><b>Spring Recess</b> <b>All Schools Closed</b></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 \$1.30

Reduced & Free \$0.00

Adult Lunch \$3.90 TAX INCLUDED

All Lunches include Choice of:

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

#### Daily Alternate Options:

Assorted Burgers W/ Fries, Assorted Pizza, Fruit & Yogurt Parfaits

#### Deli:

Choice of Protein: Turkey, Ham, Grilled Chicken, Tuna Salad, Cheeses  
Choice of Bread: Kaiser, Wrap, Bagel 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.

Available for a la Carte Daily: Fries, Soup, Snacks & Drinks

🍌 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.