

Welcome to our Lunch Cafe at...

Port Chester High School

February

2019

MEATLESS MONDAY

Monday

Tuesday

FREE BREAKFAST Every Day for All Students!

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.



1 Peruvian Roasted Chicken
 With Beans & Rice
 Barbecue Rib Sandwich
 Baked Sweet Potato
 Sautéed Spinach
 Applesauce
 Sliced Oranges
Wear Red Day
#GOREDWEARRED

4 Baked Pasta with Cheese
 And Garlic Bread
 Or Sausage Onions & Peppers Sandwich
 Lemon Parmesan Peas
 Cajun Roasted Broccoli
 Sliced Peaches
 Fresh Red Delicious Apple

5 Avocado Chicken Melt
 Or Roma Pepperoni Griller
 Sweet Potato Fries
 Sriracha Garbanzo Beans
 Mixed Fruit
 Sliced Oranges

6 Chicken Cheese Quesadilla
 Or Nachos Grande
 Beans & Rice
 Fiesta Corn
 Tomato Salad
 Pear and Pineapple Cup
 Fresh Granny Smith Apple
Assorted Toppings:
 Tomato, Lettuce,
 Pico De Gallo, Sour Cream

7 General Tso's Chicken
 Or Steamed Dumplings
 Vegetable Fried Rice
 Or Lo Mein
 Steamed Broccoli
 Orange Glazed Carrots
 Pineapple Cup
 Fresh Banana
Oriental Bar

8 Three Cheese Calzone
 With Tomato Sauce Dip
 Or Meatball Hero
 Mixed Vegetables
 Spicy Four Bean Salad
 Caesar Salad
 Diced Peaches
 Fresh Grapes

11 Mozzarella Sticks
 And French Bread
 With Tomato Sauce Dip
 Or Balsamic Chicken Panini
 Sautéed Onions, Mushrooms & Spinach
 Roasted Squash
 Diced Pear Cup
 Sliced Oranges

12 Crispy Tacos
 Or Nachos Grande
 Yellow Rice
 Sweet & Spicy Roasted Corn
 Pinto Beans
 Cinnamon Applesauce
 Fresh Melon Cup
Taco Tuesday!
Assorted Toppings:
 Tomato, Lettuce, Cheddar,
 Pico De Gallo, Sour Cream

13 Chicken & Broccoli Alfredo
 Or Chicken Parmesan Over Pasta
 Or Pasta & Meatballs
 All With Garlic Bread
 Sautéed Spinach
 Caesar Salad
 Sliced Peaches
 Fresh Granny Smith Apple
Pasta Bar
National Italian Food Day!

14 Bacon, Egg and Cheese Breakfast Sandwich
 Or Whole Grain French Toast Slices
 Crispy Potato Puffs
 With Crispy Sausage Links And Syrup
 Red Pepper Strips
 Apple Cobbler Side
 Fresh Banana
 100% Orange Juice
Happy Valentine's Day!

15 Meatloaf with Gravy
 Or Crispy Popcorn Chicken
 Whole Wheat Dinner Roll
 Fluffy Mashed Potatoes
 Glazed Carrots
 Caesar Salad
 Pear and Pineapple Cup
 Sliced Oranges
Assorted Sauces:
 Ranch, BBQ, Blue Cheese

Winter Recess

All Schools Closed

25 Homemade Mac & Cheese
 With Whole Wheat Dinner Roll
 Or Philly Cheese Steak
 With Sautéed Onions & Peppers
 Mixed Vegetables
 Roasted Squash
 Diced Peach Cup
 Fresh Red Delicious Apple

26 Fluffy Whole Grain Waffles
 Or Homemade Pancakes
 Crispy Sausage Links
 And Scrambled Eggs
 Potatoes with Onion
 Glazed Carrots
 Apple Cobbler Side
 Sliced Oranges
 100% Juice Fruit Punch
Assorted Warm Toppings:
 Syrup, Peaches, Apples

27 Italian Sausage Flatbread
 Or Oven Roasted Chicken
 With Yellow Rice
 Roasted Eggplant
 Steamed Broccoli
 Applesauce
 Honeydew and Cantaloupe Cup

28 Smokehouse Pulled Pork Sandwich
 Or Spicy Chicken Sandwich
 Sweet Potato Fries
 Baked Beans
 Mixed Fruit
 Fresh Red Delicious Apple

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and 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.
Daily Grab & Go Options:
 Assorted Salads, Fruit & Yogurt Parfaits, Triple Decker PB&J
 Available for a la Carte Daily: Fries, Soup, Snacks & Drinks
 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.