

Welcome to our Breakfast Cafe

Port Chester Middle School

February 2018

This institution is an equal opportunity provider.

FREE BREAKFAST Every Day For ALL Students

Monday

Tuesday

Wednesday

Thursday

Friday

FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!



- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- MADE WITH ALL NATURAL INGREDIENTS
- PORK
- VEGAN

			<p>1 Waffles with Sausage And Syrup Or Fruity Parfait 🌱🍌🍌 Pineapple Tidbits Fresh Banana</p>	<p>2 Sausage, Egg and Cheese Sandwich Or Fruity Parfait 🌱🍌🍌 Diced Peaches Fresh Red Delicious Apple</p>
<p>5 French Toast 🌱 With Syrup And Turkey Sausage Patty Fruity Parfait 🌱🍌🍌 Mixed Fruit Watermelon Cup</p>	<p>6 Sausage, Egg & Cheese Burrito* 🍌 Or Fruity Parfait 🌱🍌🍌 Diced Pears Sliced Oranges</p>	<p>7 Bagel Melt 🌱 With Tator Tots Or Fruity Parfait 🌱🍌🍌 Pear and Pineapple Cup Fresh Red Delicious Apple</p> <p>Half Day All Schools Breakfast Service for ALL 8th Grade Lunch ONLY 11:30-12:15</p>	<p>8 Pancakes & Sausage With Syrup Or Fruity Parfait 🌱🍌🍌 Applesauce Fresh Pear</p>	<p>9 Sausage, Egg and Cheese Sandwich Or Fruity Parfait 🌱🍌🍌 Diced Pears Fresh Banana</p>
<p>12 French Toast 🌱 With Syrup And Turkey Sausage Patty Fruity Parfait 🌱🍌🍌 Mixed Fruit Fresh Granny Smith Apple</p>	<p>13 Egg & Bacon Wrap With Low Fat American Cheese Or Fruity Parfait 🌱🍌🍌 Pear and Pineapple Cup Fresh Red Delicious Apple</p>	<p>14 Ham & Cheese Bagel Melt 🍌 With Tator Tots Or Fruity Parfait 🌱🍌🍌 Diced Pears Sliced Oranges</p>	<p>15 Waffles with Sausage And Syrup Or Fruity Parfait 🌱🍌🍌 Pineapple Tidbits Fresh Banana</p> <p>Half Day Breakfast Service ONLY NO Lunch Service</p>	<p>16 Sausage, Egg and Cheese Sandwich Or Fruity Parfait 🌱🍌🍌 Applesauce Sliced Oranges</p>
<p>Winter Recess ALL SCHOOLS CLOSED</p>	<p>20 Sausage, Egg & Cheese Burrito* 🍌 Or Fruity Parfait 🌱🍌🍌 Mixed Fruit Sliced Oranges</p>	<p>21 Bagel Melt 🌱 With Tator Tots Or Fruity Parfait 🌱🍌🍌 Pineapple Tidbits Fresh Grapes</p>	<p>22 Pancakes & Sausage With Syrup Or Fruity Parfait 🌱🍌🍌 Diced Peaches Sliced Oranges</p>	<p>Winter Recess ALL SCHOOLS CLOSED</p>
<p>26 French Toast 🌱 With Syrup And Turkey Sausage Patty Fruity Parfait 🌱🍌🍌 Mixed Fruit Fresh Granny Smith Apple</p>	<p>27 Egg & Bacon Wrap With Low Fat American Cheese Or Fruity Parfait 🌱🍌🍌 Pear and Pineapple Cup Melon Cup</p>	<p>28 Ham & Cheese Bagel Melt 🍌 With Tator Tots Or Fruity Parfait 🌱🍌🍌 Diced Pears Sliced Oranges</p>	<p>Why Eat Breakfast?</p> <p>Kids who fuel up in the morning with a breakfast high in carbohydrates and protein before heading off to school gain many benefits, both mental and physical. These benefits not only last throughout the school day, but also can contribute to overall health and school performance over the long term.</p>	

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 \$1.25
- Reduced & Free \$0.00
- Adult Lunch \$3.90 TAX INCLUDED

PAY ONLINE @ Myschoolbucks.com

If you have questions please call Magalie Porretto, Food Service Director a (914) 934-7976

Available Daily

- Fruit & Yogurt Parfait
- Fresh Egg & Cheese Sandwiches on a Roll
- Assorted WG bagels w/ Butter, Jelly or Low-fat Cream Cheese
- Assorted Muffins: Blueberry, Chocolate Chip, Banana & Apple
- Assorted Yogurt or Cold Cereal Served With Belly Beans

All served with choice of:

- Fresh Fruit, Cupped Fruit, 100% Fruit Juice, Fat-Free or 1% White milk or FF Chocolate Milk

****FREE BREAKFAST DAILY FOR ALL STUDENTS****

*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.