

# Welcome to our Breakfast Cafe at...

## Port Chester High School

# March 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



1 Scrambled Eggs   
 With Whole Wheat Dinner Roll  
 Crispy Potato Puffs  
 Or Whole Grain French Toast Slices   
 With Syrup  
 Cinnamon Applesauce  
 Fresh Banana

4 Strudel Apple   
 Or Whole Grain French Toast Slices   
 With Syrup  
 Sliced Peaches  
 Fresh Orange

5 Homemade Pancakes   
 With Syrup  
 And Sausage Patty  
 Breakfast Waffle Tower  
 Pear and Pineapple Cup  
 Fresh Red Delicious Apple

6 Scrambled Eggs   
 With Whole Wheat Dinner Roll  
 Crispy Potato Puffs  
 Or Homemade Waffles   
 With Syrup  
 Cinnamon Applesauce  
 Fresh Orange

7 Homemade Pancakes   
 With Syrup  
 And Sausage Patty  
 Breakfast Waffle Tower  
 Mixed Fruit  
 Fresh Red Delicious Apple

8 Whole Grain French Toast Slices   
 With Syrup  
 Or Scrambled Eggs   
 With Whole Wheat Dinner Roll  
 Crispy Potato Puffs  
 Diced Pear Cup  
 Fresh Banana

**Celebrate National School Breakfast Week with Samples and Fun Handouts :)**

11 Whole Grain French Toast Slices   
 With Syrup  
 Strudel Apple   
 Diced Pear Cup  
 Fresh Red Delicious Apple

12 Breakfast Waffle Tower Or Homemade Pancakes   
 With Syrup  
 And Sausage Patty  
 Mixed Fruit  
 Fresh Orange

13 Homemade Waffles   
 With Syrup  
 Or Scrambled Eggs   
 With Whole Wheat Dinner Roll  
 Crispy Potato Puffs  
 Pineapple Cup  
 Fresh Red Delicious Apple

14 Breakfast Waffle Tower Or Homemade Pancakes   
 With Syrup  
 And Sausage Patty  
 Applesauce  
 Fresh Orange

15 Scrambled Eggs   
 With Whole Wheat Dinner Roll  
 Crispy Potato Puffs  
 Or Whole Grain French Toast Slices   
 With Syrup  
 Mixed Fruit  
 Fresh Banana

18 Strudel Apple   
 Or Whole Grain French Toast Slices   
 With Syrup  
 Sliced Peaches  
 Fresh Orange

**Superintendent's Day**  
**Staff Only**  
**ALL SCHOOLS CLOSED**

20 Scrambled Eggs   
 With Whole Wheat Dinner Roll  
 Crispy Potato Puffs  
 Or Homemade Waffles   
 With Syrup  
 Cinnamon Applesauce  
 Fresh Orange

21 Homemade Pancakes   
 With Syrup  
 And Sausage Patty  
 Breakfast Waffle Tower  
 Mixed Fruit  
 Fresh Red Delicious Apple

22 Whole Grain French Toast Slices   
 With Syrup  
 Or Scrambled Eggs   
 With Whole Wheat Dinner Roll  
 Crispy Potato Puffs  
 Diced Pear Cup  
 Fresh Banana

25 Whole Grain French Toast Slices   
 With Syrup  
 Strudel Apple   
 Diced Pear Cup  
 Fresh Red Delicious Apple

26 Breakfast Waffle Tower Or Homemade Pancakes   
 With Syrup  
 And Sausage Patty  
 Mixed Fruit  
 Fresh Orange

27 Homemade Waffles   
 With Syrup  
 Or Scrambled Eggs   
 With Whole Wheat Dinner Roll  
 Crispy Potato Puffs  
 Sliced Peaches  
 Fresh Red Delicious Apple

28 Breakfast Waffle Tower Or Homemade Pancakes   
 With Syrup  
 And Sausage Patty  
 Pear and Pineapple Cup  
 Fresh Orange

29 Scrambled Eggs   
 With Whole Wheat Dinner Roll  
 Crispy Potato Puffs  
 Or Whole Grain French Toast Slices   
 With Syrup  
 Cinnamon Applesauce  
 Fresh Banana



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



**Lunch Prices**  
 Reimbursable Lunch \$1.30  
 Reduced and Free \$0.00  
 Adult Lunch \$4.00 TAX INCLUDED  
**Pay Online:**  
**MySchoolBucks.com**  
 If you have questions please call Magalie Porretto,  
 Food Service Director at  
 914-934-7976

**Available Daily**  
 Fresh Egg & Cheese Sandwiches on a Roll  
 Sausage, Egg & Cheese on a Bagel  
 Whole grain bagels w/ butter or low fat cream cheese,  
 Assorted Yogurt, Cold Cereal, and Cereal Bars Served with:  
 Choice of Belly Bear Graham Crackers or String Cheese  
 Assorted Muffins: Blueberry, Chocolate Chip, Banana & Apple  
**All Breakfasts are Served with Choice of:**  
 Whole Fruit, Cupped Fruit, 100% Juice,  
 and Choice of Low-fat or FF White Milk or FF Chocolate Milk  
**Free Breakfast Everyday to All Students @ the Kiosk or in the Cafe!**

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.