

# POCANTICO HILLS CENTRAL SCHOOL

## FEBRUARY 2019 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GF- V      28</b>	<b>GF- V      29</b>	<b>GF- V      30</b>	<b>GF- V      31</b>	<b>GF-V      1</b>
Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk
<b>GF- V      4</b>	<b>GF- V      5</b>	<b>GF- V      6</b>	<b>GF- V      7</b>	<b>GF- V      8</b>
Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk
<b>GF- V      11</b>	<b>GF- V      12</b>	<b>GF- V      13</b>	<b>GF- V      14</b>	<b>GF-V      15</b>
Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>WINTER RECESS NO SCHOOL</b>				
<b>GF- V      25</b>	<b>GF- V      26</b>	<b>GF- V      27</b>	<b>GF- V      28</b>	<b>GF-V      1</b>
Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk	Cereal: Frosted Flakes, Cheerios, Raisin Bran, and Rice Krispies Whole Grain Muffin Fruit Milk
<b>Student Meal: \$1.50</b> <b>Reduced Meal: \$0.25</b> <b>Milk: \$0.50</b> <b>Adult Breakfast: \$2.50 + tax</b>		<b>All meals include choice of fresh fruit(s) and choice of low fat (1%) white or fat free chocolate milk.</b>		

GF = Menu Item is Gluten Free or Gluten Free Options are available that day

V = Menu Item is Vegetarian or Vegetarian Options are available that day

**If you have a food allergy, please speak to the nurse, chef, or server.**

# POCANTICO HILLS CENTRAL SCHOOL

## FEBRUARY 2019 LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<b>GF- V</b>	<b>28</b>	<b>GF- V</b>	<b>29</b>	<b>GF- V</b>	<b>30</b>	<b>31</b>			<b>GF-V</b>	<b>1</b>
Kung Pow Chicken <i>Kung Pow Chickpeas</i> Brown Rice Roasted Cauliflower Green Beans Fruit (Mandarin Oranges)		Chicken Burritos with Brown Rice, Cheese & Refried Beans Roasted Corn Fruit (Strawberry Applesauce)		Whole Grain Pizza Tomato Sauce Mozzarella Cheese Roasted Broccoli Spinach & Romaine Salad Fruit (Melon)		<b>HALF DAY NO LUNCH SERVICE</b>		Nut Free Pesto Penne Pasta Roasted Chicken <i>Chickpeas</i> Green Peas Roasted Carrots Fruit (Bananas)		
<b>GF- V</b>	<b>4</b>	<b>GF- V</b>	<b>5</b>	<b>GF- V</b>	<b>6</b>	<b>GF- V</b>	<b>7</b>	<b>GF- V</b>		<b>8</b>
Chicken Korma <i>Chickpea Korma</i> Brown Rice Turmeric Roasted Cauliflower Green Peas Fruit (Mandarin Oranges)		Vegetarian Chili Whole Grain Corn Bread Roasted Corn Carrot Fries Fruit (Applesauce)		Chicken & Waffles <i>Gluten Free Waffles</i> <i>Cheesy Eggs</i> Sweet & White Potato Hash Fruit (Apples)		Mac & Cheese Roasted Carrots & Broccoli Fruit (Canned Peaches)		Roasted Red Pepper Cream Sauce Penne Pasta Roasted Chicken <i>Chickpeas</i> Green Peas Roasted Carrots Fruit (Bananas)		
<b>GF- V</b>	<b>11</b>	<b>GF- V</b>	<b>12</b>	<b>GF- V</b>	<b>13</b>	<b>GF- V</b>	<b>14</b>	<b>GF-V</b>		<b>15</b>
Chicken Vegetable Lo Mein <i>Chickpea Lo Mein</i> Roasted Broccoli & Cauliflower Fruit (Pineapple)		Ground Turkey Tacos <i>Black Bean Tacos</i> Hard Corn Taco Shells Assorted Toppings Black Beans Roasted Corn Fruit (Strawberry Applesauce)		Pita Pizzas Tomato Sauce Mozzarella Cheese Green Beans Spinach & Romaine Salad Fruit (Melon)		Vanilla Yogurt Nut-Free Granola Candied Carrots Balsamic Beets Fruit (Canned Peaches) Valentine Brownies		Chicken & Beef Meatballs <i>Vegetarian Meatballs</i> Penne Pasta Tomato Sauce Roasted Peas Spinach & Romaine Salad Fruit (Apples)		
<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>		
<b>WINTER RECESS NO SCHOOL</b>										
<b>GF- V</b>	<b>25</b>	<b>GF- V</b>	<b>26</b>	<b>GF- V</b>	<b>27</b>	<b>GF- V</b>	<b>28</b>	<b>GF-V</b>		<b>1</b>
All Beef Hot Dogs <i>Veggie Burgers</i> Whole Wheat Buns Roasted Broccoli BBQ Baked Beans Fruit (Pineapple)		Chicken & Cheese Quesadillas <i>Cheese Quesadillas</i> Brown Rice Assorted Toppings Red Beans Roasted Corn Fruit (Applesauce)		Chicken & Waffles <i>Gluten Free Waffles</i> <i>Cheesy Eggs</i> Sweet & White Potato Hash Fruit (Apples)		Grilled Cheese Sandwiches Creamy Tomato Soup Roasted Cauliflower Fruit (Canned Peaches)		Baked Ziti Roasted Carrots Creamed Spinach Fruit (Bananas)		
<b>Student Meal: \$3.00</b>				<b>All meals include choice of fresh fruit(s)/ vegetable(s) and choice of low fat (1%) white or fat free chocolate milk.</b>						
<b>Reduced Meal: \$0.25</b>										
<b>Milk: \$0.50</b>										
<b>Adult Meal: \$5.00</b>										

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# POCANTICO HILLS CENTRAL SCHOOL

## FEBRUARY 2019 SMOOTHIE MENU

<b>GF - V</b>	<b>FRIDAY, February 1<sup>st</sup></b>
<b>Monkey Milkshake</b> Made with Bananas, Non-GMO & Organic Soymilk, Frozen Cauliflower, and Ice	
<b>GF - V</b>	<b>FRIDAY, February 8<sup>th</sup></b>
<b>Tropical Punch</b> Made with Frozen Pineapple, Frozen Mango, Frozen Strawberries, and Water	
<b>GF - V</b>	<b>FRIDAY, February 15<sup>th</sup></b>
<b>Apple Pie</b> Made with Canned Apples, Non-GMO & Organic Soymilk, Cinnamon, Nutmeg, Ginger, and Ice	
<b>GF - V</b>	<b>FRIDAY, March 1<sup>st</sup></b>
<b>The Incredible Lean, Green, &amp; Clean Hulk</b> Made with Bananas, Frozen Pineapple, Baby Spinach, and Water	
<b>Smoothie: \$0.75</b>	Students/ Staff can choose the smoothie as their fruit if they are buying lunch or they can purchase a smoothie for \$0.75.

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All Smoothies are Gluten Free, Vegetarian, and Dairy Free.

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