

POCANTICO HILLS CENTRAL SCHOOL

MARCH 2019 BREAKFAST MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GF- V	25	GF- V	26	GF- V	27	GF- V	28	GF-V	1
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	
GF- V	4	GF- V	5	GF- V	6	GF- V	7	GF- V	8
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	
GF- V	11	GF- V	12	GF- V	13	GF- V	14	GF-V	15
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	
GF- V	18	GF- V	19	GF- V	20	GF- V	21	GF-V	22
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	
GF- V	25	GF- V	26	GF- V	27	GF- V	28	GF-V	29
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	
Student Meal: \$1.50 Reduced Meal: \$0.25 Milk: \$0.50 Adult Breakfast: \$2.50 + tax			All meals include choice of fresh fruit(s) and choice of low fat (1%) white or fat free chocolate milk.						

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

MARCH 2019 LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GF- V	25	GF- V	26	GF- V	27	GF- V	28	GF- V	1
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)	
GF- V	4	GF- V	5	GF- V	6	GF- V	7	GF- V	8
Chicken Vegetable Lo Mein <i>Chickpea Lo Mein</i> Roasted Broccoli & Cauliflower Fruit (Mandarin Oranges)		Ground Turkey Nachos <i>Black Bean Nachos</i> Whole Grain Corn Tortilla Chips Assorted Toppings Black Beans Roasted Corn Fruit (Strawberry Applesauce)		Pita Pizzas Tomato Sauce Mozzarella Cheese Spinach & Romaine Salad Garlic Zucchini Fruit (Melon)		Mac & Cheese Roasted Carrots Green Peas Fruit (Apples)		Roasted Chicken <i>Stewed Lentils</i> Whole Grain Stuffing Green Beans Sweet Potato Fries Fruit (Bananas)	
GF- V	11	GF- V	12	GF- V	13	14		GF- V	15
Teriyaki Chicken <i>Teriyaki Chickpeas</i> Brown Rice Roasted Broccoli & Cauliflower Fruit (Pineapple)		Chicken Tacos <i>Red Bean Tacos</i> Soft Whole Wheat & Corn Tortillas Brown Rice Assorted Toppings Red Beans Roasted Corn Fruit (Applesauce)		Vanilla Yogurt Nut-Free Granola Candied Carrots Balsamic Beets Fruit (Apples)		HALF DAY NO LUNCH SERVICE		Vegetarian Lasagna Creamed Spinach Spinach & Romaine Salad Fruit (Bananas)	
GF- V	18	GF- V	19	GF- V	20	GF- V	21	GF- V	22
Kung Pao Chicken <i>Kung Pao Chickpeas</i> Brown Rice Roasted Cauliflower Green Beans Fruit (Mandarin Oranges)		Chicken Burritos with Brown Rice, Cheese & Refried Beans <i>Bean, Cheese & Brown Rice Burrito</i> Assorted Toppings Roasted Corn Black Beans Fruit (Strawberry Applesauce)		Whole Grain Pizza Tomato Sauce Mozzarella Cheese Roasted Broccoli Spinach & Romaine Salad Fruit (Melon) First Day of Spring Pumpkin Bread		Grilled Cheese Sandwiches Creamy Cauliflower & Potato Soup Spinach & Romaine Salad Fruit (Apples)		Cheesy Quiche Whole Wheat Roll Spinach & Romaine Salad Cranberry & Green Bean Salad Fruit (Bananas)	
GF- V	25	GF- V	26	GF- V	27	28		GF- V	29
Chicken Korma <i>Chickpea Korma</i> Brown Rice Turmeric Roasted Cauliflower Green Peas Fruit (Mandarin Oranges)		Mighty Bean Vegetarian Chili Whole Grain Corn Bread Roasted Corn Carrot Fries Fruit (Applesauce)		Chicken & Waffles <i>Cheesy Eggs</i> Sweet & White Potato Hash Fruit (Apples)		HALF DAY NO LUNCH SERVICE		Nut Free Pesto Penne Pasta Roasted Chicken <i>Chickpeas</i> Garlic Zucchini Roasted Carrots Fruit (Bananas)	
Student Meal: \$3.00					All meals include choice of fresh fruit(s)/ vegetable(s) and choice of low fat (1%) white or fat free chocolate milk.				
Reduced Meal: \$0.25									
Milk: \$0.50									
Adult Meal: \$5.00									

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POCANTICO HILLS CENTRAL SCHOOL

MARCH 2019 SMOOTHIE MENU

GF - V	FRIDAY, March 1st
	The Incredible Lean, Green, & Clean Hulk Made with Bananas, Frozen Pineapple, Baby Spinach, and Water
GF- V	FRIDAY, March 8th
	Very Berry Banana Made with Frozen Strawberries, Frozen Blueberries, Bananas, and Water
GF- V	FRIDAY, March 15th
	Blue Mango Madness Made with Frozen Blueberries, Frozen Mango, Orange Juice, and Water
GF - V	FRIDAY, March 22nd
	Chocolate Banana Made with Bananas, Non-GMO & Organic Soymilk, Baby Spinach, Cocoa Power, and Ice
GF - V	FRIDAY, March 29th
	Mellow Yellow Made with Frozen Pineapple, Frozen Mango, Bananas, and Water
Smoothie: \$0.75	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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