

POCANTICO HILLS CENTRAL SCHOOL

JANUARY 2019 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	GF- V 2	GF- V 3	GF- V 4
NEW YEAR'S EVE NO SCHOOL	NEW YEAR'S DAY NO SCHOOL HAPPY NEW YEAR!	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 7	GF- V 8	GF- V 9	GF- V 10	GF- V 11
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 14	GF- V 15	GF- V 16	GF- V 17	GF- V 18
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
21	GF- V 22	GF- V 23	GF- V 24	GF- V 25
DR. MARTIN LUTHER KING, JR. DAY NO SCHOOL	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 28	GF- V 29	GF- V 30	GF- V 31	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
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

JANUARY 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	GF- V 2	GF- V 3	V 4
NEW YEAR'S EVE NO SCHOOL	NEW YEAR'S DAY NO SCHOOL HAPPY NEW YEAR!	Pita Pizzas Tomato Sauce Mozzarella Cheese Green Beans Roasted Carrots Fruit (Canned Peaches)	Chicken Komra <i>Chickpea Komra</i> Brown Rice Turmeric Roasted Cauliflower Green Peas Fruit (Apples)	Vegetarian Lasagna Roasted Broccoli Zucchini Parmesan Fruit (Bananas)
GF- V 7	GF- V 8	GF- V 9	GF- V 10	GF- V 11
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 (Apples)	Baked Ziti Roasted Carrots Creamed Spinach Fruit (Bananas)
GF- V 14	GF- V 15	GF- V 16	GF- V 17	GF- V 18
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 Zucchini Parmesan Fruit (Melon)	Mac & Cheese Roasted Carrots Green Peas Fruit (Canned Peaches)	Roasted Chicken <i>Stewed Lentils</i> Whole Grain Stuffing Green Beans Sweet Potato Fries Fruit (Bananas)
21	GF- V 22	GF- V 23	GF- V 24	GF- V 25
DR. MARTIN LUTHER KING, JR. DAY NO SCHOOL	Chicken Tacos <i>Red Bean Tacos</i> Soft Whole Wheat & Corn Tortillas Assorted Toppings Red Beans Roasted Corn Fruit (Applesauce)	French Toast Cheesy Eggs Tater Tots Fruit (Apples)	Vanilla Yogurt Nut-Free Granola Candied Carrots Balsamic Beets Fruit (Apples)	Cheesy Quiche Whole Wheat Roll Spinach & Romaine Salad Cranberry & Green Bean Salad Fruit (Bananas)
GF- V 28	GF- V 29	GF- V 30	31	GF- V 1
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)	HALF DAY NO LUNCH SERVICE	Nut Free Pesto Penne Pasta Roasted Chicken <i>Chickpeas</i> Green Peas Roasted Carrots Fruit (Bananas)
Student Meal: \$3.00 Reduced Meal: \$0.25 Milk: \$0.50 Adult Meal: \$5.00		All meals include choice of fresh fruit(s)/ vegetable(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

JANUARY 2019 SMOOTHIE MENU

GF - V	FRIDAY, January 4th
	Strawberry Peaches and Cream Made with Canned Peaches in Pear Juice, Frozen Strawberries, Non-GMO Soymilk, and Ice
GF- V	FRIDAY, January 11th
	Mighty Mutant Mango Made with Frozen Mango, Carrots, Orange Juice, and Water
GF - V	FRIDAY, January 18th
	Tropical Sunrise Made with Frozen Pineapple, Frozen Strawberries, Canned Peaches in Pear Juice, and Ice
GF - V	FRIDAY, January 25th
	Very Berry Banana Made with Frozen Strawberries, Frozen Blueberries, Bananas, and Water
GF - V	FRIDAY, February 1st
	Monkey Milkshake Made with Bananas, Non-GMO & Organic Soymilk, Frozen Cauliflower, and Ice
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.

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

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

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