

POCANTICO HILLS CENTRAL SCHOOL

DECEMBER 2019 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF- V 2	GF- V 3	GF- V 4	GF- V 5	GF-V 6
Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk	Egg & Cheese Breakfast Sandwich Whole Grain Cereals Whole Grain Muffin Fruit Milk	Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk	Whole Grain Waffles Syrup Whole Grain Cereals Whole Grain Muffin Fruit Milk	Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk
GF- V 9	GF- V 10	GF- V 11	GF- V 12	GF- V 13
Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk	Egg, Cheese & Potato Breakfast Taco Whole Grain Cereals Whole Grain Muffin Fruit Milk	Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk	Brown Sugar & Cinnamon Oatmeal Whole Grain Cereals Whole Grain Muffin Fruit Milk	Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk
GF- V 16	GF- V 17	GF- V 18	GF- V 19	GF-V 20
Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk	Egg & Cheese Bagel Breakfast Sandwich Whole Grain Cereals Whole Grain Muffin Fruit Milk	Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk	Whole Grain French Toast Sticks Syrup Whole Grain Cereals Whole Grain Muffin Fruit Milk	Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk
23	24	25	26	27
NO SCHOOL HOLIDAY RECESS				
30	31	1	GF- V 2	GF- V 3
NO SCHOOL HOLIDAY RECESS	NO SCHOOL HOLIDAY RECESS	NO SCHOOL HOLIDAY RECESS HAPPY NEW YEAR!	Brown Sugar & Cinnamon Oatmeal Whole Grain Cereals Whole Grain Muffin Fruit Milk	Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel 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. Alternative Options include: Bagel and Butter or Cream Cheese; Vanilla Yogurt; Variety of Cereals; Whole Grain Muffins		

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: DECEMBER 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF- V 2	GF- V 3	GF- V 4	GF- V 5	GF-V 6
Teriyaki Chicken <i>Teriyaki Chickpeas</i> Brown Rice Roasted Carrots & Cauliflower Fruit (Apples)	Chicken Tacos <i>Red Bean Tacos</i> Soft Whole Wheat & Corn Tortillas Brown Rice Assorted Toppings Red Beans Roasted Corn Fruit (Applesauce)	Cheesy Quiche Whole Wheat Roll Spinach & Romaine Salad Roasted Broccoli Fruit (Bananas)	Vanilla Yogurt Nut-Free Granola Candied Carrots Spinach & Romaine Salad Fruit (Canned Peaches)	Turkey Meatloaf <i>Stewed Lentils</i> Whole Wheat Roll Roasted Herb Potatoes Creamed Spinach Fruit (Bananas)
GF- V 9	GF- V 10	GF- V 11	GF- V 12	GF- V 13
Kung Pao Chicken <i>Kung Pao Chickpeas</i> Brown Rice Roasted Cauliflower Green Beans Fruit (Mandarin Oranges)	Mighty Bean Vegetarian Chili Whole Grain Corn Bread Roasted Corn Carrot Fries Fruit (Strawberry Applesauce)	Whole Grain Pizza Tomato Sauce Mozzarella Cheese Roasted Carrots Spinach & Romaine Salad Fruit (Melon)	Chicken Tenders Mac & Cheese Roasted Broccoli Spinach & Romaine Salad Fruit (Apples)	Turkey & Swiss Cheese Wrap <i>Hummus & Swiss Cheese Wrap</i> Spinach & Romaine Salad Celery Sticks Fruit (Bananas)
GF-V 16	GF- V 17	GF- V 18	GF- V 19	GF-V 20
All Beef Hot Dogs <i>Veggie Burgers</i> Whole Wheat Buns Roasted Broccoli BBQ Baked Beans Fruit (Pineapple)	Chicken Burritos with Brown Rice, Cheese & Refried Beans <i>Bean, Cheese & Brown Rice Burrito</i> Assorted Toppings Roasted Corn Black Beans Fruit (Applesauce)	Chicken & Waffles <i>Cheesy Eggs</i> Sweet & White Potato Hash Syrup Fruit (Melon)	Grilled Cheese Sandwiches Creamy Cauliflower & Potato Soup Spinach & Romaine Salad Fruit (Peaches)	Chicken & Beef Meatballs <i>Vegetarian Meatballs</i> Penne Pasta Tomato Sauce Garlicy Spinach Roasted Carrots Fruit (Apples) Dessert: Whole Grain Chocolate Chip Banana Bread
23	24	25	26	27
NO SCHOOL HOLIDAY RECESS				
30	31	1	GF- V 2	GF- V 3
NO SCHOOL HOLIDAY RECESS	NO SCHOOL HOLIDAY RECESS	NO SCHOOL HOLIDAY RECESS HAPPY NEW YEAR!	All Beef Hot Dogs <i>Veggie Burgers</i> Whole Wheat Buns Roasted Broccoli BBQ Baked Beans Fruit (Mandarin Oranges)	Grilled Cheese Sandwiches Creamy Tomato Soup Spinach & Romaine Salad 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.		

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POCANTICO HILLS CENTRAL SCHOOL

DECEMBER 2019 SMOOTHIE MENU

GF- V	FRIDAY, December 6th
	Chocolate Banana Made with Bananas, Non-GMO & Organic Soymilk, Baby Spinach, Cocoa Power, and Ice
GF- V	FRIDAY, December 13th
	Tropical Sunrise Made with Frozen Pineapple, Frozen Strawberries, Canned Peaches in Pear Juice, and Ice
GF- V	FRIDAY, December 20th
	Very Berry Banana Made with Frozen Strawberries, Frozen Blueberries, Bananas, and Water
GF- V	FRIDAY, January 3rd
	The Incredible Lean, Green, & Clean Hulk Made with Bananas, Frozen Pineapple, Baby Spinach, 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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V = Menu Item is Vegetarian or Vegetarian Options are available that day

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

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