

POCANTICO HILLS CENTRAL SCHOOL

JANUARY 2020 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
GF- V 6	GF- V 7	GF- V 8	GF- V 9	GF- V 10
Whole Grain Waffles Syrup Whole Grain Cereals Whole Grain Muffin Fruit Milk	Egg & Cheese Sandwich Whole Grain Cereals Whole Grain Muffin Fruit Milk	Brown Sugar & Cinnamon Oatmeal Whole Grain Cereals Whole Grain Muffin Fruit Milk	Cheesy Quiche Whole Grain Cereals Whole Grain Muffin Fruit Milk	Egg, Cheese & Potato Breakfast Taco Whole Grain Cereals Whole Grain Muffin Fruit Milk
GF- V 13	GF- V 14	GF- V 15	GF- V 16	GF- V 17
Whole Grain French Toast Sticks Syrup Whole Grain Cereals Whole Grain Muffin Fruit Milk	Egg & Cheese Bagel Breakfast Sandwich Whole Grain Cereals Whole Grain Muffin Fruit Milk	Cheese & Potato Frittata Whole Grain Cereals Whole Grain Muffin Fruit Milk	Brown Sugar & Cinnamon Oatmeal Whole Grain Cereals Whole Grain Muffin Fruit Milk	Egg & Cheese Sandwich Whole Grain Cereals Whole Grain Muffin Fruit Milk
20	GF- V 21	GF- V 22	GF- V 23	GF- V 24
NO SCHOOL MARTIN LUTHER KING DAY	Whole Grain Waffles Syrup Whole Grain Cereals Whole Grain Muffin Fruit Milk	Brown Sugar & Cinnamon Oatmeal Whole Grain Cereals Whole Grain Muffin Fruit Milk	Egg, Cheese & Potato Breakfast Taco Whole Grain Cereals Whole Grain Muffin Fruit Milk	Cheese & Potato Frittata Whole Grain Cereals Whole Grain Muffin Fruit Milk
GF- V 27	GF- V 28	GF- V 29	GF- V 30	GF- V 31
Whole Grain French Toast Sticks Syrup Whole Grain Cereals Whole Grain Muffin Fruit Milk	Egg & Cheese Bagel Breakfast Sandwich Whole Grain Cereals Whole Grain Muffin Fruit Milk	Cheese & Potato Frittata Whole Grain Cereals Whole Grain Muffin Fruit Milk	Brown Sugar & Cinnamon Oatmeal Whole Grain Cereals Whole Grain Muffin Fruit Milk	Egg & Cheese Sandwich Whole Grain Cereals 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. 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: JANUARY 2020 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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)
GF- V 6	GF- V 7	GF- V 8	GF- V 9	GF- V 10
Chicken Tikka Masala <i>Chana Masala</i> Brown Rice Turmeric Roasted Cauliflower Green Peas Fruit (Mandarin Oranges)	Ground Turkey Tacos <i>Black Bean Tacos</i> Hard Corn Taco Shells Assorted Toppings Brown Rice Black Beans Roasted Corn Fruit (Strawberry Applesauce)	Whole Grain Bagel Pizzas Mozzarella Cheese Tomato Sauce Roasted Broccoli Spinach & Romaine Salad Fruit (Melon)	Vanilla Yogurt Nut-Free Granola Candied Carrots Spinach & Romaine Salad Fruit (Apples)	Chicken & Beef Meatballs <i>Vegetarian Meatballs</i> Penne Pasta Tomato Sauce Garlic Zucchini Spinach & Romaine Salad Fruit (Bananas)
GF- V 13	GF- V 14	GF- V 15	GF- V 16	GF- V 17
Chicken Vegetable Lo Mein <i>Chickpea Lo Mein</i> Roasted Broccoli & Cauliflower Fruit (Pineapple)	Chicken & Cheese Quesadillas <i>Cheese Quesadillas</i> Brown Rice Assorted Toppings Red Beans Roasted Corn Fruit (Applesauce)	Chicken & Waffles <i>Cheesy Eggs</i> Sweet & White Potato Hash Syrup Fruit (Melon)	Ham & Cheese Panini <i>Grilled Cheese Sandwiches</i> Creamy Tomato Soup Spinach & Romaine Salad Fruit (Canned Peaches)	Baked Ziti Roasted Carrots Creamed Spinach Fruit (Apples)
20	GF- V 21	GF- V 22	GF- V 23	GF- V 24
NO SCHOOL MARTIN LUTHER KING DAY	All Beef Hot Dogs <i>Veggie Burgers</i> Whole Wheat Buns Sweet Potato Fries BBQ Baked Beans Fruit (Mandarin Oranges)	Ground Turkey Nachos <i>Black Bean Nachos</i> Whole Grain Corn Tortilla Chips Brown Rice Assorted Toppings Black Beans Roasted Corn Fruit (Strawberry Applesauce)	Pita Pizzas Tomato Sauce Mozzarella Cheese Spinach & Romaine Salad Garlic Zucchini Fruit (Melon)	Grilled Chicken <i>Grilled Vegetarian "Chicken"</i> Penne Pasta Alfredo Roasted Broccoli Spinach & Romaine Salad Fruit (Bananas)
GF- V 27	GF- V 28	GF- V 29	30	GF- V 31
Teriyaki Chicken <i>Teriyaki Chickpeas</i> Brown Rice Roasted Broccoli & Cauliflower Fruit (Pineapple)	Chicken Pot Pie <i>White Bean Pot Pie</i> Whole Wheat Biscuit Green Beans Spinach & Romaine Salad Fruit (Applesauce)	Vanilla Yogurt Nut-Free Granola Candied Carrots Spinach & Romaine Salad Fruit (Canned Peaches)	HALF DAY NO LUNCH SERVICE	Vegetarian Lasagna Spinach & Romaine Salad Garlic Zucchini 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

JANUARY 2020 SMOOTHIE MENU

GF- V	FRIDAY, January 3rd
	The Incredible Lean, Green, & Clean Hulk Made with Bananas, Frozen Pineapple, Baby Spinach, and Water
GF- V	FRIDAY, January 10th
	Tropical Punch Made with Frozen Pineapple, Frozen Mango, Frozen Strawberries, and Water
GF- V	FRIDAY, January 17th
	Very Berry Banana Made with Frozen Strawberries, Frozen Blueberries, Bananas, and Water
GF- V	FRIDAY, January 24th
	Blue Mango Madness Made with Frozen Blueberries, Frozen Mango, Orange Juice, and Water
GF- V	FRIDAY, January 31st
	Chocolate Banana Made with Bananas, Non-GMO & Organic Soymilk, Baby Spinach, Cocoa Power, 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.

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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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