

# POCANTICO HILLS CENTRAL SCHOOL

## MARCH 2020 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GF- V</b> <b>2</b>	<b>GF- V</b> <b>3</b>	<b>GF- V</b> <b>4</b>	<b>GF- V</b> <b>5</b>	<b>GF- V</b> <b>6</b>
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	Brown Sugar Apple Cinnamon Oatmeal Whole Grain Cereals Whole Grain Muffin Fruit Milk	Egg, Cheese & Ham Sandwich <i>Egg &amp; Cheese Sandwich</i> Whole Grain Cereals Whole Grain Muffin Fruit Milk	Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk
<b>GF- V</b> <b>9</b>	<b>GF- V</b> <b>10</b>	<b>GF- V</b> <b>11</b>	<b>GF- V</b> <b>12</b>	<b>GF- V</b> <b>13</b>
Whole Grain Waffles Syrup Syrup Whole Grain Cereals Whole Grain Muffin Fruit Milk	Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk	Scrambled Eggs & Cheese Whole Grain Cereals Whole Grain Muffin 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
<b>GF- V</b> <b>16</b>	<b>GF- V</b> <b>17</b>	<b>GF- V</b> <b>18</b>	<b>GF- V</b> <b>19</b>	<b>GF- V</b> <b>20</b>
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	Mixed Berry Oatmeal Whole Grain Cereals Whole Grain Muffin Fruit Milk	Egg, Cheese & Ham Bagel Sandwich <i>Egg &amp; Cheese Bagel Sandwich</i> Whole Grain Cereals Whole Grain Muffin Fruit Milk	Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk
<b>GF- V</b> <b>23</b>	<b>GF- V</b> <b>24</b>	<b>GF- V</b> <b>25</b>	<b>GF- V</b> <b>26</b>	<b>GF- V</b> <b>27</b>
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	Scrambled Eggs & Cheese Whole Grain Cereals Whole Grain Muffin Fruit Milk	Egg, Cheese & Ham Sandwich <i>Egg &amp; Cheese Sandwich</i> Whole Grain Cereals Whole Grain Muffin Fruit Milk	Whole Grain Cereals Whole Grain Muffin Low-fat Vanilla Yogurt Whole Grain Bagel Fruit Milk
<b>GF- V</b> <b>30</b>	<b>GF- V</b> <b>31</b>	<b>GF- V</b> <b>1</b>	<b>GF- V</b> <b>2</b>	<b>GF- V</b> <b>3</b>
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	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	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. All menus subject to change due to market availability.**

# POCANTICO HILLS CENTRAL SCHOOL

## MARCH 2020 LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>GF- V</b>	<b>2</b>	<b>GF- V</b>	<b>3</b>	<b>GF- V</b>	<b>4</b>	<b>GF- V</b>	<b>5</b>	<b>GF- V</b>	<b>6</b>
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)		Whole Grain Pizzas Tomato Sauce Mozzarella Cheese Spinach & Romaine Salad Garlic Zucchini Fruit (Melon)		Grilled Cheese Sandwiches Creamy Tomato Soup Spinach and Romaine Salad Fruit (Canned Peaches)		Fish Fry Battered Fish <i>Vegetarian Nuggets</i> Potato Wedges Creamy Coleslaw Fruit (Bananas)	
<b>GF- V</b>	<b>9</b>	<b>GF- V</b>	<b>10</b>	<b>GF- V</b>	<b>11</b>	<b>GF- V</b>	<b>12</b>	<b>GF- V</b>	<b>13</b>
All Beef Hot Dogs <i>Veggie Burgers</i> Whole Wheat Buns Roasted Broccoli BBQ Baked Beans 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)		Chicken & Waffles <i>Cheesy Eggs</i> Hash Browns Syrup Fruit (Apples)		<b>HALF DAY NO LUNCH SERVICE</b>		Baked Ziti Roasted Carrots Creamed Spinach Fruit (Bananas)	
<b>GF- V</b>	<b>16</b>	<b>GF- V</b>	<b>17</b>	<b>GF- V</b>	<b>18</b>	<b>GF- V</b>	<b>19</b>	<b>GF- V</b>	<b>20</b>
Teriyaki Chicken <i>Teriyaki Chickpeas</i> Vegetable Egg Roll Fried Brown Rice Roasted Broccoli & Cauliflower Fruit (Pineapple)		Corned Beef <i>Stewed Lentils</i> Irish Soda Bread Potatoes, Carrots & Cabbage Fruit (Granny Smith Apples)		BBQ Chicken Panini <i>BBQ Broccoli Panini</i> Mozzarella Cheese Celery Sticks Spinach & Romaine Salad Fruit (Melon)		Nut Free Pesto Pasta Shells Roasted Chicken <i>Chickpeas</i> Garlic Zucchini Roasted Carrots Fruit (Canned Peaches)		Mac & Cheese Roasted Broccoli Spinach & Romaine Salad Fruit (Bananas)	
<b>GF-V</b>	<b>23</b>	<b>GF- V</b>	<b>24</b>	<b>GF- V</b>	<b>25</b>	<b>GF- V</b>	<b>26</b>	<b>GF-V</b>	<b>27</b>
All Beef Hot Dogs <i>Veggie Burgers</i> Whole Wheat Buns Roasted Broccoli 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)		Whole Grain Pizza Bagels Tomato Sauce Mozzarella Cheese Spinach & Romaine Salad Carrot Sticks Fruit (Apples)		Turkey Meatloaf <i>Stewed Lentils</i> Whole Wheat Roll Roasted Rosemary Potatoes Green Beans Fruit (Canned Peaches)		Grilled Cheese Sandwiches Chef Gio's All Yum Autumn Soup Spinach & Romaine Salad Fruit (Bananas)	
<b>GF-V</b>	<b>30</b>	<b>GF- V</b>	<b>31</b>	<b>GF- V</b>	<b>1</b>	<b>GF- V</b>	<b>2</b>	<b>GF-V</b>	<b>3</b>
Chicken Tikka Masala <i>Chana (Chickpea) Masala</i> Brown Rice Turmeric Roasted Cauliflower Green Peas Fruit (Pineapple)		Chicken Tacos <i>Red Bean Tacos</i> Soft Whole Wheat & Corn Tortillas Brown Rice Assorted Toppings Red Beans Roasted Corn Fruit (Applesauce)		Build Your Own Beef Burger <i>Veggie Burger</i> BBQ Baked Beans Spinach & Romaine Salad Fruit (Melon)		Vanilla Yogurt Nut-Free Granola Candied Carrots Spinach & Romaine Salad Fruit (Canned Peaches)		Vegetarian Lasagna Spinach & Romaine Salad Garlic Zucchini 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

## MARCH 2020 SMOOTHIE MENU

<b>GF- V</b>	<b>FRIDAY, March 6<sup>th</sup></b>
<b>Tropical Sunrise</b> Made with Frozen Pineapple, Frozen Strawberries, Canned Peaches in Pear Juice, and Ice	
<b>GF- V</b>	<b>FRIDAY, March 13<sup>th</sup></b>
<b>Southern Charm</b> Made with Frozen Blueberries, Peaches, Orange Juice, and Water	
<b>GF- V</b>	<b>FRIDAY, March 20<sup>th</sup></b>
<b>Mighty Mutant Mango</b> Made with Frozen Mango, Carrots, Orange Juice, and Water	
<b>GF- V</b>	<b>FRIDAY, March 27<sup>th</sup></b>
<b>Heart Beet Smoothie</b> Made with Frozen Pineapple, Frozen Strawberries, Red Beets and Water	
<b>GF- V</b>	<b>FRIDAY, April 3<sup>rd</sup></b>
<b>Mellow Yellow</b> Made with Frozen Pineapple, Frozen Mango, Bananas, 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.

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.

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