

# POCANTICO HILLS CENTRAL SCHOOL

## APRIL 2019 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GF- V      1</b>	<b>GF- V      2</b>	<b>GF- V      3</b>	<b>GF- V      4</b>	<b>GF-V      5</b>
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
<b>GF- V      8</b>	<b>GF- V      9</b>	<b>GF- V      10</b>	<b>GF- V      11</b>	<b>GF- V      12</b>
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
<b>GF- V      15</b>	<b>GF- V      16</b>	<b>GF- V      17</b>	<b>GF- V      18</b>	<b>19</b>
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	<b>NO SCHOOL GOOD FRIDAY</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>NO SCHOOL SPRING RECESS</b>				
<b>GF- V      29</b>	<b>GF- V      30</b>	<b>GF- V      1</b>	<b>GF- V      2</b>	<b>GF-V      3</b>
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
<b>Student Meal: \$1.50</b> <b>Reduced Meal: \$0.25</b> <b>Milk: \$0.50</b> <b>Adult Breakfast: \$2.50 + tax</b>		<b>All meals include choice of fresh fruit(s) and choice of low fat (1%) white or fat free chocolate milk.</b>		

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

## APRIL 2019 LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>GF- V</b>	<b>1</b>	<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>
Chicken Vegetable Lo Mein <i>Chickpea Lo Mein</i> Roasted Broccoli & Cauliflower Fruit (Pineapple)		Ground Turkey Tacos <i>Black Bean Tacos</i> Hard Corn Taco Shells Assorted Toppings Black Beans Roasted Corn Fruit (Strawberry Applesauce)		Pita Pizzas Tomato Sauce Mozzarella Cheese Green Beans Spinach & Romaine Salad Fruit (Melon)		Vanilla Yogurt Nut-Free Granola Candied Carrots Balsamic Beets Fruit (Apples)		Chicken & Beef Meatballs <i>Vegetarian Meatballs</i> Penne Pasta Tomato Sauce Roasted Peas Spinach & Romaine Salad Fruit (Bananas)	
<b>GF- V</b>	<b>8</b>	<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>
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>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)	
<b>GF- V</b>	<b>15</b>	<b>GF- V</b>	<b>16</b>	<b>GF- V</b>	<b>17</b>	<b>GF- V</b>	<b>18</b>	<b>19</b>	
Teriyaki Chicken <i>Teriyaki Chickpeas</i> Brown Rice Roasted Broccoli & Cauliflower Fruit (Mandarin Oranges)		Chicken Tacos <i>Red Bean Tacos</i> Soft Whole Wheat & Corn Tortillas Brown Rice Assorted Toppings Red Beans Roasted Corn Fruit (Strawberry Applesauce)		French Toast Cheesy Eggs Tater Tots Fruit (Apples)		Nut Free Pesto Penne Pasta Roasted Chicken <i>Chickpeas</i> Garlic Zucchini Roasted Carrots Fruit (Canned Peaches)		<b>NO SCHOOL GOOD FRIDAY</b>	
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>	
<b>NO SCHOOL SPRING RECESS</b>									
<b>GF- V</b>	<b>29</b>	<b>GF- V</b>	<b>30</b>	<b>GF- V</b>	<b>1</b>	<b>GF- V</b>	<b>2</b>	<b>GF-V</b>	<b>3</b>
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 &amp; 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 (Canned Peaches)		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)	
<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

## APRIL 2019 SMOOTHIE MENU

<b>GF - V</b>	<b>FRIDAY, April 5<sup>th</sup></b>
	<b>Strawberry Peaches &amp; Cream</b> Made with Canned Peaches in Pear Juice, Frozen Strawberries, Non-GMO & Organic Soymilk, and Ice
<b>GF- V</b>	<b>FRIDAY, April 12<sup>th</sup></b>
	<b>Mighty Mutant Mango</b> Made with Frozen Mango, Carrots, Orange Juice, and Water
<b>GF- V</b>	<b>THURSDAY, April 18<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, May 3<sup>rd</sup></b>
	<b>Very Berry Banana</b> Made with Frozen Strawberries, Frozen Blueberries, 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.

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

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