

# POCANTICO HILLS CENTRAL SCHOOL

## SEPTEMBER 2019 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>GF- V 3</b>	<b>GF- V 4</b>	<b>GF- V 5</b>	<b>GF-V 6</b>
<b>NO SCHOOL LABOR DAY</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>GF- V 9</b>	<b>GF- V 10</b>	<b>GF- V 11</b>	<b>GF- V 12</b>	<b>GF- V 13</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 16</b>	<b>GF- V 17</b>	<b>GF- V 18</b>	<b>GF- V 19</b>	<b>GF-V 20</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 23</b>	<b>GF- V 24</b>	<b>GF- V 25</b>	<b>GF- V 26</b>	<b>GF-V 27</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>30</b>	<b>1</b>	<b>GF- V 2</b>	<b>GF- V 3</b>	<b>GF-V 4</b>
<b>NO SCHOOL ROSH HASHANAH</b>	<b>NO SCHOOL ROSH HASHANAH</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
<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: SEPTEMBER 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>GF- V 3</b>	<b>GF- V 4</b>	<b>GF- V 5</b>	<b>GF-V 6</b>
<b>NO SCHOOL LABOR DAY</b>	All Beef Hot Dogs <i>Veggie Burgers</i> Whole Wheat Buns Roasted Broccoli BBQ Baked Beans Fruit (Mandarin Oranges)	Pita Pizzas Tomato Sauce Mozzarella Cheese Spinach & Romaine Salad Garlic Zucchini Fruit (Melon)	Ground Turkey Nachos <i>Black Bean Nachos</i> Whole Grain Corn Tortilla Chips Assorted Toppings Black Beans Roasted Corn Fruit (Strawberry Applesauce)	Nut Free Pesto Penne Pasta Roasted Chicken <i>Chickpeas</i> Spinach & Romaine Salad Cauliflower Fruit (Bananas)
<b>GF- V 9</b>	<b>GF- V 10</b>	<b>GF- V 11</b>	<b>GF- V 12</b>	<b>GF- V 13</b>
Teriyaki Chicken <i>Teriyaki Chickpeas</i> Brown Rice Roasted Broccoli & Cauliflower Fruit (Pineapple)	Chicken Tacos <i>Red Bean Tacos</i> Soft Whole Wheat & Corn Tortillas Brown Rice Assorted Toppings Red Beans Roasted Corn Fruit (Applesauce)	French Toast Cheesy Eggs Tater Tots Fruit (Apples)	Vanilla Yogurt Nut-Free Granola Candied Carrots Spinach & Romaine Salad Fruit (Canned Peaches)	Chickpea Hummus Whole Wheat Pita Carrot & Celery Sticks Cucumbers Fruit (Bananas)
<b>GF- V 16</b>	<b>GF- V 17</b>	<b>GF- V 18</b>	<b>GF- V 19</b>	<b>GF-V 20</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 (Melon)	Turkey & Cheese Sandwich Whole Wheat Bread Carrot & Celery Sticks Fruit (Apples)	Cheesy Quiche Whole Wheat Roll Spinach & Romaine Salad Cranberry & Green Bean Salad Fruit (Bananas)
<b>GF- V 23</b>	<b>GF- V 24</b>	<b>GF- V 25</b>	<b>GF- V 26</b>	<b>GF-V 27</b>
All Beef Hot Dogs <i>Veggie Burgers</i> Whole Wheat Buns Roasted Broccoli BBQ Baked Beans Fruit (Pineapple)	Ground Turkey Nachos <i>Red Bean Nachos</i> Whole Grain Corn Tortilla Chips Assorted Toppings Red Beans Roasted Corn Fruit (Applesauce)	Chicken & Waffles <i>Cheesy Eggs</i> Sweet & White Potato Hash Fruit (Apples)	Mac & Cheese Roasted Broccoli Spinach & Romaine Salad Fruit (Canned Peaches)	Nut Free Pesto Penne Pasta Roasted Chicken <i>Chickpeas</i> Garlic Zucchini Roasted Carrots Fruit (Mandarin Oranges)
<b>30</b>	<b>1</b>	<b>GF- V 2</b>	<b>GF- V 3</b>	<b>GF-V 4</b>
<b>NO SCHOOL ROSH HASHANAH</b>	<b>NO SCHOOL ROSH HASHANAH</b>	Vanilla Yogurt Nut-Free Granola Candied Carrots Spinach & Romaine Salad Fruit (Apples)	French Toast Cheesy Eggs Tater Tots Fruit (Canned Peaches)	Chicken & Beef Meatball Sub <i>Vegetarian Meatball Sub</i> Whole Wheat Bun Tomato Sauce Roasted Peas Spinach & Romaine Salad Fruit (Bananas)
<b>Student Meal: \$3.00</b> <b>Reduced Meal: \$0.25</b> <b>Milk: \$0.50</b> <b>Adult Meal: \$5.00</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>		

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# POCANTICO HILLS CENTRAL SCHOOL

## SEPTEMBER 2019 SMOOTHIE MENU

<b>GF - V</b>	<b>FRIDAY, September 6<sup>th</sup></b>
	<b>Mighty Mutant Mango</b> Made with Frozen Mango, Carrots, Orange Juice, and Water
<b>GF- V</b>	<b>FRIDAY, September 11<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, September 20<sup>th</sup></b>
	<b>Very Berry Banana</b> Made with Frozen Strawberries, Frozen Blueberries, Bananas, and Water
<b>GF- V</b>	<b>FRIDAY, September 27<sup>th</sup></b>
	<b>Mango Monkey Milkshake</b> Made with Frozen Mango, Bananas, Non-GMO & Organic Soymilk, and Frozen Cauliflower
<b>GF- V</b>	<b>FRIDAY, October 4<sup>th</sup></b>
	<b>Tropical Punch</b> Made with Frozen Pineapple, Frozen Mango, Frozen Strawberries, 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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**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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