

POCANTICO HILLS CENTRAL SCHOOL

FEBRUARY 2020 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF- V 3	GF- V 4	GF- V 5	GF- V 6	GF- V 7
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 & Ham Sandwich <i>Egg & 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
GF- V 10	GF- V 11	GF- V 12	GF- V 13	GF- V 14
Whole Grain Pancakes 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
17	18	19	20	21
WINTER RECESS NO SCHOOL				
GF-V 24	GF- V 25	GF- V 26	GF- V 27	GF-V 28
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	Brown Sugar & Cinnamon Oatmeal Whole Grain Cereals Whole Grain Muffin Fruit Milk	Egg, Cheese & Ham Sandwich <i>Egg & 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
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

FEBRUARY 2020 LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GF- V	3	GF- V	4	GF- V	5	GF- V	6	GF- V	7
Chicken Tikka Masala <i>Chana Masala</i> Brown Rice Turmeric Roasted Cauliflower Green Peas Fruit (Mandarin Oranges)		Chicken Tacos <i>Red Bean Tacos</i> Soft Whole Wheat & Corn Tortillas Brown Rice Assorted Toppings Red Beans Roasted Corn Fruit (Applesauce)		Whole Wheat Pita BBQ Chicken Ranch Pizzas <i>Whole Wheat Pita</i> <i>BBQ Veggie Ranch</i> Pizza Mozzarella Cheese Celery Sticks Spinach & Romaine Salad Fruit (Melon)		Grilled Cheese Sandwiches Creamy Tomato Soup Spinach & Romaine Salad Fruit (Canned Peaches)		Nut Free Pesto Penne Pasta Roasted Chicken <i>Chickpeas</i> Creamed Spinach Roasted Carrots Fruit (Bananas)	
GF- V	10	GF- V	11	GF- V	12	GF- V	13	GF- V	14
All Beef Hot Dogs <i>Veggie Burgers</i> Whole Wheat Buns Mac & Cheese 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 (Strawberry Applesauce)		Vanilla Yogurt Nut-Free Granola Candied Carrots Spinach & Romaine Salad Fruit (Canned Peaches)		GUEST CHEF GIOVANNI Grilled Cheese on Whole Wheat All Yum Autumn Soup Sweet Potato, Black-Eyed Pea and Corn Salad Fruit (Grapes)		Chicken & Beef Meatballs <i>Vegetarian Meatballs</i> Penne Pasta Tomato Sauce Garlic Zucchini Spinach & Romaine Salad Fruit (Strawberries)	
	17		18		19		20		21
WINTER RECESS NO SCHOOL									
GF-V	24	GF- V	25	GF- V	26	GF- V	27	GF-V	28
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 (Applesauce)		Build Your Own Beef Burger <i>Veggie Burger</i> Whole Wheat Bun BBQ Baked Beans Spinach & Romaine Salad Fruit (Canned Peaches)		Ham & Cheese Panini Turkey & Cheese Panini <i>Grilled Cheese Sandwiches</i> Broccoli Cheddar Soup Spinach & Romaine Salad Fruit (Apples)		Nut Free Pesto Penne Pasta Roasted Chicken <i>Chickpeas</i> Garlic Zucchini Roasted Carrots 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

FEBRUARY 2020 SMOOTHIE MENU

GF- V	FRIDAY, February 7th
	Mighty Mutant Mango Made with Frozen Mango, Carrots, Orange Juice, and Water
GF- V	FRIDAY, February 14th
	Heart Beet Smoothie Made with Frozen Pineapple, Frozen Strawberries, Red Beets and Water
GF- V	FRIDAY, February 28th
	Mellow Yellow Made with Frozen Pineapple, Frozen Mango, Bananas, 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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