

POCANTICO HILLS CENTRAL SCHOOL

DECEMBER 2018 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF- V 3	GF- V 4	GF- V 5	GF- V 6	GF- V 7
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
GF- V 10	GF- V 11	GF- V 12	GF- V 13	GF- V 14
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
GF- V 17	GF- V 18	GF- V 19	GF- V 20	GF- V 21
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
24	25	26	27	28
HOLIDAY RECESS NO SCHOOL				
31	1	GF- V 2	GF- V 3	GF- V 4
NEW YEAR'S EVE NO SCHOOL	NEW YEAR'S DAY NO SCHOOL HAPPY NEW YEAR!	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
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.		

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

DECEMBER 2018 LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GF- V	3	GF- V	4	GF- V	5	GF- V	6	GF- V	7
Teriyaki Chicken <i>Teriyaki Chickpeas</i> Brown Rice Roasted Broccoli Green Peas Fruit (Pineapple)		Chicken & Cheese Quesadillas <i>Cheese Quesadillas</i> Brown Rice Assorted Toppings Black Beans Roasted Corn Fruit (Apples)		Chicken & Waffles <i>Gluten Free Waffles</i> <i>Cheesy Eggs</i> Sweet & White Potato Hash Fruit (Melon)		Vanilla Yogurt Nut-Free Granola Candied Carrots Balsamic Beets Fruit (Grapes)		Chickpea Hummus Whole Wheat Pita Carrot & Celery Sticks Cucumbers 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 Sweet Potato Fries BBQ Baked Beans Fruit (Pineapple)		Chicken Tacos <i>Red Bean Tacos</i> Soft Whole Wheat & Corn Tortillas Assorted Toppings Red Beans Roasted Corn Fruit (Apples)		Pita Pizzas Tomato Sauce Mozzarella Cheese Roasted Broccoli Zucchini Parmesan Fruit (Melon)		Grilled Cheese Sandwiches Creamy Tomato Soup Roasted Cauliflower Fruit (Canned Peaches)		Baked Ziti Roasted Carrots Creamed Spinach Fruit (Bananas)	
GF- V	17	GF- V	18	GF- V	19	GF- V	20	GF- V	21
Chicken Vegetable Lo Mein <i>Chickpea Lo Mein</i> Roasted Broccoli & Cauliflower Fruit (Pineapple)		Ground Turkey Nachos <i>Black Bean Nachos</i> Whole Grain Corn Tortilla Chips Assorted Toppings Black Beans Roasted Corn Fruit (Canned Peaches)		French Toast Cheesy Eggs Tater Tots Fruit (Melon)		Mac & Cheese Roasted Carrots & Broccoli Fruit (Apples)		Roasted Chicken <i>Stewed Lentils</i> Whole Grain Stuffing Green Beans Roasted Carrots Fruit (Cranberry Applesauce) Gingerbread	
24		25		26		27		28	
HOLIDAY RECESS NO SCHOOL									
31	1	GF- V	2	GF- V	3	GF- V	4		
NEW YEAR'S EVE NO SCHOOL		NEW YEAR'S DAY NO SCHOOL HAPPY NEW YEAR!		Pita Pizzas Tomato Sauce Mozzarella Cheese Green Beans Roasted Carrots Fruit (Canned Peaches)		Chicken Komra <i>Chickpea Komra</i> Brown Rice Turmeric Roasted Cauliflower Green Peas Fruit (Apples)		Vegetarian Lasagna Roasted Broccoli Zucchini Parmesan 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

DECEMBER 2018 SMOOTHIE MENU

GF - V	FRIDAY, December 7th
Very Berry Banana	
Made with Frozen Strawberries, Frozen Blueberries, Bananas and Water	
GF- V	FRIDAY, December 14th
Tropical Punch	
Made with Frozen Pineapple, Frozen Strawberries, Bananas and Water	
GF - V	FRIDAY, December 21st
Apple Pie	
Made with Apples, Non-GMO Soymilk, Cinnamon, Ginger, Nutmeg and Ice	
GF - V	FRIDAY, January 4th
Strawberry Peaches and Cream	
Made with Canned Peaches in Pear Juice, Frozen Strawberries, Non-GMO Soymilk, 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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All Smoothies are Gluten Free, Vegetarian, and Dairy Free.

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