

POCANTICO HILLS CENTRAL SCHOOL

OCTOBER 2019 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	GF- V 2	GF- V 3	GF-V 4
NO SCHOOL ROSH HASHANAH	NO SCHOOL ROSH HASHANAH	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 7	GF- V 8	9	GF- V 10	GF- V 11
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	NO SCHOOL YOM KIPPUR	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
14	GF- V 15	GF- V 16	GF- V 17	GF-V 18
NO SCHOOL COLUMBUS DAY	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 21	GF- V 22	GF- V 23	GF- V 24	GF-V 25
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 28	GF- V 29	GF- V 30	GF- V 31	GF-V 1
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
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: OCTOBER 2019 LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
30		1		GF- V	2	GF- V	3	GF-V	4	
NO SCHOOL ROSH HASHANAH		NO SCHOOL ROSH HASHANAH		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)		
GF- V	7	GF- V	8	9		GF- V	10	GF- V	11	
Chicken Vegetable Lo Mein <i>Chickpea Lo Mein</i> Roasted Broccoli Rainbow Slaw Fruit (Pineapple)		Chicken & Cheese Quesadillas <i>Cheese Quesadillas</i> Brown Rice Assorted Toppings Red Beans Roasted Corn Fruit (Apples)		NO SCHOOL YOM KIPPUR		Grilled Cheese Sandwiches Creamy Tomato Soup Roasted Cauliflower Fruit (Canned Peaches)		Baked Ziti Roasted Carrots Creamed Spinach Fruit (Bananas)		
14		GF- V	15	GF- V	16	GF- V	17	GF-V		18
NO SCHOOL COLUMBUS DAY		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 (Strawberry Applesauce)		Ground Turkey Nachos <i>Black Bean Nachos</i> Whole Grain Corn Tortilla Chips Assorted Toppings Black Beans Roasted Corn Fruit (Melon)		Roasted Chicken <i>Stewed Lentils</i> Whole Grain Stuffing Sweet Potato Fries Green Beans Fruit (Bananas)		
GF- V	21	GF- V	22	GF- V	23	24		GF-V	25	
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)		Vanilla Yogurt Nut-Free Granola Candied Carrots Spinach & Romaine Salad Fruit (Apples)		NO LUNCH SERVICE HALF DAY OF SCHOOL		Vegetarian Lasagna Spinach & Romaine Salad Garlic Zucchini Fruit (Bananas)		
GF- V	28	GF- V	29	GF- V	30	GF- V	31	GF-V		1
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 & 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)		Grilled Turkey & Cheese Panini <i>Grilled Cheese Panini</i> Jack O Lantern Soup Spinach & Romaine Salad Fruit (Apples) Dessert: Chocolate Chip Pumpkin Bread		Turkey Meatloaf <i>Stewed Lentils</i> Whole Wheat Roll Roasted Rosemary Potatoes Green Beans 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

OCTOBER 2019 SMOOTHIE MENU

GF- V	FRIDAY, October 4th
	Tropical Punch Made with Frozen Pineapple, Frozen Mango, Frozen Strawberries, and Water
GF- V	FRIDAY, October 11th
	The Incredible Lean, Green, & Clean Hulk Made with Bananas, Frozen Pineapple, Baby Spinach, and Water
GF- V	FRIDAY, October 18th
	Apple Pie Made with Canned Apples, Non-GMO & Organic Soymilk, Cinnamon, Nutmeg, Ginger, and Ice
GF- V	FRIDAY, October 25th
	Blue Mango Madness Made with Frozen Blueberries, Frozen Mango, Orange Juice, and Water
GF- V	FRIDAY, November 1st
	Chocolate Banana Made with Bananas, Non-GMO & Organic Soymilk, Baby Spinach, Cocoa Power, 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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