

# POCANTICO HILLS CENTRAL SCHOOL

## NOVEMBER 2019 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GF- V 28</b>	<b>GF- V 29</b>	<b>GF- V 30</b>	<b>GF- V 31</b>	<b>GF-V 1</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 4</b>	<b>GF- V 5</b>	<b>GF- V 6</b>	<b>GF- V 7</b>	<b>GF- V 8</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>11</b>	<b>GF- V 12</b>	<b>GF- V 13</b>	<b>GF- V 14</b>	<b>GF-V 15</b>
<b>NO SCHOOL VETERANS 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 18</b>	<b>GF- V 19</b>	<b>GF- V 20</b>	<b>GF- V 21</b>	<b>GF-V 22</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 25</b>	<b>GF- V 26</b>	<b>GF- V 27</b>	<b>28</b>	<b>29</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>NO SCHOOL HAPPY THANKSGIVING</b>	<b>NO SCHOOL THANKSGIVING RECESS</b>
<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> <b>Alternative Options include: Bagel and Butter or Cream Cheese and Vanilla Yogurt</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: NOVEMBER 2019 LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>GF- V</b>	<b>28</b>	<b>GF- V</b>	<b>29</b>	<b>GF- V</b>	<b>30</b>	<b>GF- V</b>	<b>31</b>	<b>GF-V</b>	<b>1</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)		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)	
<b>GF- V</b>	<b>4</b>	<b>GF- V</b>	<b>5</b>	<b>GF- V</b>	<b>6</b>	<b>GF- V</b>	<b>7</b>	<b>GF- V</b>	<b>8</b>
All Beef Hot Dogs <i>Veggie Burgers</i> Whole Wheat Buns Roasted Broccoli BBQ Baked Beans Fruit (Pineapple)		Mighty Bean Vegetarian Chili Whole Grain Corn Bread Roasted Corn Carrot Fries Fruit (Applesauce)		Chicken & Waffles <i>Cheesy Eggs</i> Sweet & White Potato Hash Syrup Fruit (Peaches)		<b>NO LUNCH SERVICE HALF DAY</b>		Turkey & Cheese Sandwiches <i>Cheese Sandwich</i> Broccoli Cheddar Soup Spinach & Romaine Salad Fruit (Apples)	
<b>11</b>	<b>GF- V</b>	<b>12</b>	<b>GF- V</b>	<b>13</b>	<b>GF- V</b>	<b>14</b>	<b>GF-V</b>	<b>15</b>	
<b>NO SCHOOL VETERANS DAY</b>		Ground Turkey Nachos <i>Black Bean Nachos</i> Whole Grain Corn Tortilla Chips Assorted Toppings Brown Rice Black Beans Roasted Corn Fruit (Strawberry Applesauce)		Whole Grain Bagel Pizzas Tomato Sauce Mozzarella Cheese Roasted Broccoli & Cauliflower Fruit (Melon)		Vanilla Yogurt Nut-Free Granola Candied Carrots Spinach & Romaine Salad Fruit (Apples)		Chicken Parmesan Sandwiches on a Whole Wheat Roll <i>Veggie Parmesan Sandwich</i> Spinach & Romaine Salad Green Peas Fruit (Bananas)	
<b>GF- V</b>	<b>18</b>	<b>GF- V</b>	<b>19</b>	<b>GF- V</b>	<b>20</b>	<b>GF- V</b>	<b>21</b>	<b>GF-V</b>	<b>22</b>
Chicken Vegetable Lo Mein <i>Chickpea Lo Mein</i> Roasted Broccoli & Cauliflower Fruit (Pineapple)		Chicken & Cheese Quesadillas <i>Cheese Quesadillas</i> Brown Rice Assorted Toppings Red Beans Roasted Corn Fruit (Applesauce)		French Toast Cheesy Eggs Tater Tots Syrup Fruit (Apples)		Grilled Cheese Sandwiches Creamy Tomato Soup Roasted Cauliflower Fruit (Canned Peaches)		Nut Free Pesto Penne Pasta Roasted Chicken <i>Chickpeas</i> Garlic Zucchini Roasted Carrots Fruit (Bananas)	
<b>GF- V</b>	<b>25</b>	<b>GF- V</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>			
All Beef Hot Dogs <i>Veggie Burgers</i> Whole Wheat Buns Roasted Broccoli BBQ Baked Beans Fruit (Mandarin Oranges)		Roasted Chicken <i>Stewed Lentils</i> Whole Grain Stuffing Green Beans Sweet Potato Fries Fruit (Cranberry Applesauce)		<b>NO LUNCH SERVICE HALF DAY</b>		<b>NO SCHOOL HAPPY THANKSGIVING</b>		<b>NO SCHOOL THANKSGIVING RECESS</b>	
<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

## NOVEMBER 2019 SMOOTHIE MENU

<b>GF- V</b>	<b>FRIDAY, November 1<sup>st</sup></b>
	<b>Chocolate Banana</b> Made with Bananas, Non-GMO & Organic Soymilk, Baby Spinach, Cocoa Power, and Ice
<b>GF- V</b>	<b>FRIDAY, November 8<sup>th</sup></b>
	<b>Mellow Yellow</b> Made with Frozen Pineapple, Frozen Mango, Bananas, and Water
<b>GF- V</b>	<b>FRIDAY, November 15<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, November 22<sup>nd</sup></b>
	<b>Mighty Mutant Mango</b> Made with Frozen Mango, Carrots, Orange Juice, 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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