

# Welcome to our Lunch Cafe @

Peekskill Woodside Elementary

May 2017

## Monday

1 Chicken Tenders and Whole Wheat Dinner Roll with Oven Baked Fries  
Baby Carrots  
Fresh Apple  
Blueberries

8 Meatball Hero with Oven Baked Fries  
Grape Tomatoes  
Fresh Berry Cup  
Cantaloupe

15 Cheesy Stuffed Breadsticks with Marinara Sauce ✓  
and Lemon Marinated Carrots  
Veggie Dippers  
Fresh Red Grapes  
Fresh Orange

22 Chicken Tenders and Whole Wheat Dinner Roll with Oven Baked Fries  
Baby Carrots & Celery  
Fresh Apple  
Fresh Pineapple

29 SCHOOLS CLOSED  
MEMORIAL DAY

## Tuesday

2 Macaroni & Cheese with Cajun Maple Carrots  
Cucumber Coins  
Honeydew & Canteloupe Melon  
Fresh Orange

9 Popcorn Chicken and WW Dinner Roll  
Roasted Butternut Squash  
Cucumber Coins  
Fresh Apple  
Strawberry Cup

16 Chicken Teriyaki over Brown Rice  
with Sugar Snap Peas  
Baby Carrots  
Fresh Apple  
Strawberry Cup

23 Mozzarella Sticks ✓  
with Side of Pasta  
Glazed Carrots  
Cucumber Coins  
Fresh Red Grapes  
Fresh Orange

30 Boneless Chicken Wings and Whole Wheat Dinner Roll with Roasted Lemon Parmesan  
Broccoli  
Veggie Dippers  
Fresh Apple  
Fresh Sliced Kiwi

## Wednesday

3 Cheesy Stuffed Breadsticks with Marinara Sauce ✓  
and Steamed Broccoli  
Sweet Red Pepper Strips  
Fresh Pineapple  
Banana

10 Fish Sandwich with Deli Style Coleslaw  
Carrots  
Bartlett Pear  
Fresh Orange

17 BLT Cheeseburger P  
with Oven Baked Fries  
Sweet Red Pepper Strips  
Honeydew Melon Cup  
Bartlett Pear

24 Chicken Fajita Roll Up with Fiesta Corn  
Black Beans  
Honeydew Melon Cup  
Bartlett Pear

31 Cheeseburger Pretzel Sandwich with Oven Baked Fries  
Cucumber Coins  
Fresh Cantaloupe Cup  
Banana

## Thursday

4 Turkey Nachos Grande with Corn  
Black Beans  
Fresh Sliced Kiwi  
Bartlett Pear

11 Grilled Cheese & Tomato Sandwich ✓  
with Sautéed Broccoli  
Chickpea Salad  
Fresh Red Grapes  
Fresh Sliced Kiwi

18 Twin Crispy Turkey Tacos with Brown Rice  
Sweet & Spicy Roasted Corn  
Black Bean Salad  
Cantaloupe  
Blueberries

25 French Toast Sticks ✓  
and Turkey Sausage with Baked Tater Tots  
Sweet Red Pepper Strips  
Fresh Berry Cup  
Banana

**BRUNCH FOR LUNCH!!**

## Friday

5 Cheese Pizza ✓  
with Mixed Vegetables  
Caesar Side Salad  
Blueberries  
Watermelon Cup

12 Cheese Pizza ✓  
with Fresh Spinach  
Popcorn Cauliflower  
Cantaloupe  
Sliced Peaches

19 Cheese Pizza ✓  
with Broccoli  
Caesar Side Salad  
Fresh Orange  
Banana

26 Cheese Pizza ✓  
with Sautéed Spinach  
Garden Salad  
Fresh Sliced Kiwi  
Strawberry Cup

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten & allergen free foods and purchase locally when seasonally available. Check us out at [www.Whitsons.com](http://www.Whitsons.com) or scan our QR code to see all that we are doing at your school to keep your kids healthy!



### A Reimbursable Meal Includes:

At Least 3 of the following 5 with at least ONE being a fruit, vegetable, or juice  
\*Protein\*  
\*Grain\*  
\*Fruit/Juice\*  
\*Vegetable\*  
\*Milk\*

### Alternate Lunches Available Daily:

-Whole Wheat Bagel with Non Fat Yogurt and Cheese Stick-  
-Boars Head Ham or Turkey Sandwich-  
-Sunbutter and Jelly Sandwich-  
-Cheese Sandwich-  
All meals served with fresh fruit, 100% fruit juice, vegetable, and low fat or non fat milk

## Produce of the Month Lettuce



We proudly support clean, organic, local and sustainable agriculture.

**\*NEW\***

**BREAKFAST AND LUNCH IS NOW FREE FOR EVERY STUDENT IN THE DISTRICT. WE ENCOURAGE ALL STUDENTS TO PARTICIPATE IN THIS WONDERFUL OPPORTUNITY.**