

# Welcome to our Lunch Cafe at...

## Tarrytown J. Paulding

# September 2018

**MEATLESS MONDAY**

Monday

Tuesday

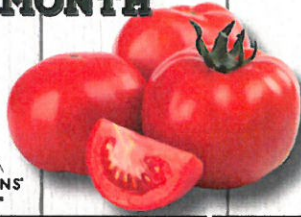
Wednesday

Thursday

Friday

# HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Any questions please feel free to contact Maria Filippelli@TJPSD.ORG or call 914-631-2553

Entree' salads are served with a whole grain roll, mixed dark greens w/turkey and/or ham:caesar salad  
Yogurt Parfait W/ fruit & granola

<p>3</p>	<p>4</p> <p>WELCOME BACK TO SCHOOL!</p>	<p>5</p>	<p>6</p> <p>Nachos Grande Salsa Black Beans Fiesta Corn Apple 100% Juice Fresh Banana</p> <p>Milk</p>	<p>7</p> <p>Cheese Pizza Or Pepperoni Pizza Side Salad Broccoli Bites Fresh Apple</p> <p>Milk</p>
<p>10</p> <p>SCHOOL CLOSED TODAY</p>	<p>11</p> <p>SCHOOL CLOSED TODAY</p>	<p>12</p> <p>Crispy Popcorn Chicken Pinto Beans Grape Tomatoes Fresh Strawberries</p> <p>Milk</p>	<p>13</p> <p>Roasted Turkey with Gravy Sweet Potatoes Green Beans Whole Wheat Dinner Roll Fresh Pear</p> <p>Milk</p>	<p>14</p> <p>Cheese Pizza Or Spinach Pizza Carrot Sticks Caesar Salad Pineapple Cup</p> <p>Milk</p>
<p>17</p> <p>Cheeseburger Or Beef Hot Dog on Bun Sweet Potato Fries Baked Beans Fresh Orange</p> <p>Milk</p>	<p>18</p> <p>Crispy Popcorn Chicken Pinto Beans Grape Tomatoes Fresh Strawberries</p> <p>Milk</p>	<p>19</p> <p>SCHOOL CLOSED TODAY</p>	<p>20</p> <p>Soft Tacos Turkey Taco Filling Shredded Cheddar Cheese Mild Salsa Sweet Corn Honeydew and Cantaloupe Cup Celery</p> <p>Milk</p>	<p>21</p> <p>Cheese Pizza Or Pepperoni Pizza Spinach Salad Roasted Squash Fresh Apple</p> <p>Milk</p>
<p>24</p> <p>Baked Chicken Tenders Celery Baked Potato Wedges Garlic Bread Carrot Sticks Fresh Apple</p> <p>Milk</p>	<p>25</p> <p>Homemade Mac &amp; Cheese Caesar Salad Red Pepper Strips Whole Wheat Dinner Roll Honeydew and Cantaloupe Cup</p> <p>Milk</p>	<p>26</p> <p>Whole Grain French Toast Slices Syrup Turkey Sausage Patty Fries Grape Tomatoes Fresh Grapes</p> <p>Milk</p> <p>IT'S BRUNCH FOR LUNCH!</p>	<p>27</p> <p>Chicken Cheese Quesadilla Salsa Pinto Beans Sweet Corn Fresh Pear</p> <p>Milk</p>	<p>28</p> <p>Cheese Pizza Or Pepperoni Pizza Side Salad Cucumber Coins Fresh Banana</p> <p>Milk</p>



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease, diabetes, and obesity.



If you have any food allergy, please speak to the Food Service Director or Lead server

Lunch Prices  
Reimbursable lunch price \$1.75  
Reduced lunch price \$.25  
Milk \$.50

Lunch includes veg, fruit & milk

Available daily:

WG Bagel meal with cream cheese or butter, yogurt, cheese stick carrot sticks

Daily side salad: as an additional vegetable consisting of 1 cup romaine lettuce, spinach or spring mix with carrots, shaved red cabbage and seasonal vegetables

Daily offerings of fresh fruits and vegetables: apples, oranges, bananas, carrots, celery, and cucumbers/vegetables

Milk offerings: 1% white, fat free chocolate and fat free white

VEGETARIAN

MADE WITH NATURAL INGREDIENTS

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.