



# Welcome to our Lunch Cafe

## New Rochelle Elementary Schools

September 2021

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

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.

6

7

8

9

10

Welcome Back!

Half Day  
No Lunch Served  
Full Breakfast Available

13 Crispy Popcorn Chicken  
French Bread  
Sweet Corn  
Celery Sticks  
Sliced Peaches  
Fresh Apple

14 Whole Grain Pancakes with Sausage  
Crispy Potato Puffs  
Chilled Red Pepper Strips  
Pineapple Cup  
100% Orange Juice Blend  
Fresh Blueberries

Vegetarian Weekly Option: Egg & Cheese Sandwich

15 Mozzarella Sticks  
Marinara Sauce  
French Bread  
Steamed Peas  
Cauliflower  
Diced Pear Cup  
Fresh Orange

16 No School  
Yom Kippur

17 Classic Cheese Pizza  
Pepperoni Pizza  
Garden Salad  
Fresh Apple  
Applesauce

20 Chicken and Waffles  
Crispy Potato Puffs  
Chilled Red Pepper Strips  
Sliced Peaches  
Fresh Orange

21 Cheeseburger  
Veggie Burger  
Oven Baked Fries  
Grape Tomatoes  
Mixed Fruit  
Fresh Orange

Vegetarian Weekly Option: Hummus

22 Homemade Mac & Cheese  
Steamed Peas  
Fresh Baby Carrots  
Pineapple Cup  
Fresh Apple

23 Nachos Grande  
Fiesta Corn  
Black Beans  
Applesauce  
Fresh Banana

Top with Shredded Cheddar

24 Classic Cheese Pizza  
Pepperoni Pizza  
Steamed Broccoli  
Mixed Fruit  
Fresh Grapes

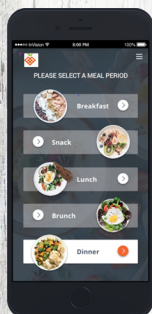
27 Turkey Hot Dog on Bun  
Oven Baked Fries  
Spicy Tomato Salad  
Mixed Fruit  
Fresh Grapes

28 Chicken Nuggets  
Pretzel  
Mixed Vegetables  
Fresh Baby Carrots  
Pineapple Cup  
Fresh Grapes

29 Cinnamon French Toast  
Crispy Potato Puffs  
Chilled Red Pepper Strips  
Pineapple Cup  
Fresh Pear  
100% Apple Juice

Vegetarian Weekly Option: Tuna

30 BBQ Chicken  
Beans & Rice  
Sweet & Spicy Roasted Corn  
Applesauce  
Fresh Banana



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful.

Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download

FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



#### Prices:

No charge for breakfast & lunch

Additional items can be purchased.

Please make Checks payable to:

New Rochelle Food Services

Milk/ Chocolate Milk \$.50

100% Juice/Fruit \$.50

Vegetarian Lunch \$2. Natural Ingredients

Made With Organic Ingredients

#### Alternate Lunches Available Daily:

Oven Roasted Turkey, Low Sodium Ham & American Cheese, Sun Butter & Jelly, American Cheese. (All on Assorted Whole Grain Breads)

Bagel Lunch with 1 String Cheese & Yogurt

Garden Salad with Dinner Rolls

Lunch Includes:

Choice of Grain, Meat/Meat Alternate, Fruit Choice, Vegetable Selection &

Milk

Questions? please call your Food Service Director, J914 576-4217

P Pork

Smart Choice

Made With Organic 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.