

FEBRUARY 2010 – MIDDLE & HIGH SCHOOLS LUNCH MENU

WHITE PLAINS CITY SCHOOLS



Nutrition Corner

Getting Fit

Physical fitness—the ability to carry out daily tasks with vigor, without undue fatigue, and with ample energy to enjoy leisure-time pursuits—has three basic elements. To be truly fit, you should develop each of these components.

Cardiorespiratory endurance is reflected in the sustained ability of the heart and blood vessels to carry oxygen to your body's cells. Excellent "aerobic" activities for building endurance include brisk walking, running, in-line skating, swimming, cycling, rowing, and aerobic dance.

Recommendation: To gain health benefits, 30 minutes of moderate physical activity over the course of most days is enough. For greater cardiovascular benefits, you need to perform moderate-to high-intensity aerobic exercise (at 60 to 90% of your maximum heart rate) three to five times a week, with each session lasting 20 to 60 minutes, in addition to warm-up and cool-down activities




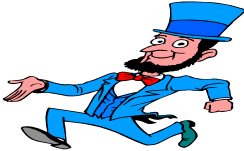
PARENTS: MAKE PAYMENTS ON YOUR CHILD'S MEAL ACCOUNTS ONLINE!

For more information about how to use this exciting new service, call 800-479-3531 or visit

www.myLunchMoney.com.

You can always contact the central food service office with any questions about this service: (914) 422-2054



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Specials: Assorted Main Dish Salads Cheese/Hamburger, Veggie Burger Beef Hot Dogs, Turkey Hot Dogs, Deli Sandwiches Cheese Pizza/Soup of the Day		 Super Bowl – Feb. 7, 2010		
1 E BBQ Style Meatballs Steamed Rice Carrot Coins Fresh Apple	2 F Warm Chicken Fajita Stuffed Pita Tossed salad w/dressing Sliced Pears	3 A Tilapia Marinara Fluffy Mashed Potatoes Steamed Broccolis Spears Mixed Fruit Cup	4 B Hot Ham & Swiss on Rye Bread Cucumber Salad Cape Cod Chips Peach Slices	5 Superintendent's Conference Day Schools Closed
8 C "Breakfast for Lunch" Cinnamon French Toast Turkey Canadian Bacon Baked Potato Puffs Warm Pear Slices	9 D Whole Grain Rotini w/Meat sauce Caesar Salad Italian Bread Slice Fresh Grapes	10 E Very Veggie Stuffed Potato w/Cheddar Cheese Sprinkle Chick Pea Salad Strawberry Cup	11 F New Orleans Style Chicken served w/Brown Rice Whole kernel corn Orange Slices	12 A Honey Ham Slice Tender Loving Peas Darling Seasoned Potato Wedges Passion Fruits "Valentine's Day treat"
15 	16-18 Schools Closed for Mid-Winter Vacation 2/15/10 – 2/19/10			20 
22 B Breaded Mozzarella Sticks w/ Dipping Sauce Mixed Vegetables Kiwi Half	23 C Turkey Pot Pie Casserole Warm Biscuit Fresh Tangerine	24 D Eggplant Parmigiana Fresh Broccoli Salad Whole Wheat Dinner Roll Melon Slice	25 E Turkey Barbeque Sandwich Baked Beans Chilled Applesauce	26 F Mini Burgers on mini buns (2) "Sliders" Oven Baked Sweet Potato Fries Pineapple Tidbits

****All Lunches served with choice of low-fat milks** (If you have a food Allergy please speak to the manager, chef or your server)**

Please call your school manager after 1:00 p.m. if you have questions:

Eastview - Laura Ackerly - 422-2418

Lauraackerly@wpcsd.k12.ny.us

Highlands - Linda Vecchiolla - 422-2130

Lindavecchiolla@wpcsd.k12.ny.us

High School - Melanie Monteleone - 422-2139

Melaniamonteleone@wpcsd.k12.ny.us

Breakfast served daily - \$1.00

Lunch Price - \$2.00

*Choice of cold cereals, bagels, yogurt, muffins, breakfast bars

*Choice of canned or fresh fruits

*Choice of low fat milks

*Daily side choices for lunch: Tossed salad, alternate vegetable choice, assorted fresh fruits & 100% juices