



April 2010 – Rochambeau School Lunch Menu White Plains City Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Specials: Assorted Main Dish Salads Cheese/Hamburger, Veggie Burger Nathan Hot Dogs, Deli Sandwiches Cheese Pizza/Soup of the Day		1 Schools Closed for Spring Vacation – 3/29/10 - 4/2/10		2
5 C Meatball hero Sliced fresh cucumber salad Sliced peaches	6 D Soft shell taco w/lettuce tomato, cheddar cheese & salsa Pinto beans and rice Cinnamon applesauce	7 E “Sliders” Mini Beef Burgers on Buns (2) Whole kernel corn Mixed fruit cup	8 F Hot Turkey & Gravy Mashed potatoes Green Beans Rye Dinner Roll Fresh Apple	9 A Whole Grain Cheese Pizza Fresh Garden Salad w/Dressing Fresh Seedless Grapes
12 B “Breakfast for Lunch” Cinnamon French Toast Turkey Sausage pattie Baked potato rounds Sliced pears	13 C Tangerine flavored Chicken served over brown rice Steamed spinach Fresh Apple	14 D Macaroni & Cheese Green Peas <i>Frito Lays Sunchips</i> Chilled Apricots	15 E Pasta with Broccoli & Grilled chicken French bread slice Fresh Orange	16 F Whole Grain Cheese Pizza Fresh Pepper & Celery Sticks w/dip Strawberry cup
19 A Toasted sliced turkey & cheese sandwich on wheat bread Fresh carrot & celery sticks w/ranch dip Fresh peach	20 B Oven Baked Breaded Chicken Sliced carrots Mini corn muffin Sliced pears	21 C Whole Grain Rotini pasta w/meatsauce Tossed garden salad/dressing Italian bread Chilled apricots	22 D “ Earth Day ” Grilled Chicken on Wheat Bun w/lettuce & tomato <i>Multi-grain Sunchips</i> Fresh Macintosh Apple	23 E Whole Grain Cheese Pizza Fresh tomato & cucumber Salad Chilled Pineapple
26 F Breaded Mozzarella Sticks w/Sauce Steamed Spinach French Bread Slice Fresh Pear	27 A Popcorn chicken bites Fresh carrot & raisin salad Wheat dinner roll Sliced peaches	28 B Mexican style Turkey Nachos w/lettuce, tomato, cheese & salsa Rice & beans Fresh Banana	29 C Whole Grain Cheese Pizza Fresh tomato & cucumber Salad Fresh Melon	30 Superintendent’s Conference Day Schools Closed

All lunches served w/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 Rochambeau: Francesca Binasco 422 - 2360 Francescabinasco@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
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Nutrition Corner

10 EASY THINGS YOU CAN DO TO HELP THE EARTH THIS EARTH DAY, APRIL 22

1. Plant a tree in your yard or start a garden
2. Simply stop using pesticides on your lawn
3. Support a local, organic farmer or CSA.
4. Buy organic
5. Spend time in nature
6. Buy energy-saving, compact-fluorescent light bulbs and other energy efficient products
7. Recycle
8. Shop Green
9. Join or make a donation to any organization that supports the environment
10. Create good thoughts.

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

