

# FEBRUARY 2012 – MIDDLE & HIGH SCHOOLS LUNCH MENU

## WHITE PLAINS CITY SCHOOLS



### Nutrition Corner

#### The Surprising Avocado

Commonly believed to be a vegetable, avocados are actually fruit. However, this is not the only surprise surrounding avocados. Avocados are a heart-healthy option, packed with folate, vitamins E, C and B<sup>6</sup>, potassium and soluble fiber. They also contain heart-healthy monounsaturated fat, as well as nutrients that reduce cholesterol levels, promote healthy vision and potentially protect against cancer.

Ripe avocados are slightly soft to pressure from your palm. Use them mashed as a spread or slivered and layered in sandwiches.

The rich, buttery taste of an avocado goes with everything from salsas to soups and salads to steak. Avocados discolor rapidly once cut, so add it to your dish at the last minute with a touch of lemon or lime juice to prevent discoloration.

#### Happy Valentine's Day

Valentine's Day is known for romance ... and for chocolate. With planning, chocolate can fit healthfully into anyone's Valentine's Day plans.


The fat in chocolate is a combination of saturated and unsaturated fat and does not appear to increase blood cholesterol levels. Even so, chocolate contains calories, so eat it in moderation.

For an extra nutritional punch, opt for dark chocolate over milk chocolate. Dark chocolate contains flavonoids that come from extracts of the cocoa bean. Choosing dark chocolate with a high percentage of cocoa gives your body more of these healthy antioxidants.

In fact, some studies report small portions of dark chocolate can maintain heart health and maintain the health of blood vessels.

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

[www.myLunchMoney.com](http://www.myLunchMoney.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <span style="float: right;">C</span> Toasted Ham & Cheese on Rye Oven Baked Sweet Potato Fries Red Delicious Apple	2 <b>"Ground Hog Day"</b> <span style="float: right;">D</span> Orange Chicken w/ Steamed Rice Asian Style Vegetables Pineapple Tidbits	3 <span style="float: right;">E</span> Garden Burger on a Whole Wheat Kaiser Roll w/ Lettuce & Tomato Garbanzo Bean Salad Kiwi Half
6 <span style="float: right;">F</span> Barbeque Chicken Sandwich Oven Baked Beans Chilled Applesauce	7 <span style="float: right;">A</span> Pepper Steak Seasoned Noodles Crunchy Bread Sticks Fresh Pear	8 <span style="float: right;">B</span> Personal Deep Dish Pizza (spinach & Ricotta) Garden Salad w/Dressing Sliced Pears	9 <span style="float: right;">C</span> Lasagna Roll-up Caesar Salad Italian Bread Slice Seedless Green Grapes	10 <span style="float: right;">D</span> Fishwich on a bun w/tarter sauce Red skinned potato salad Pickle chips Diced peach cup
13 <span style="float: right;">E</span> Macaroni & Cheese Fresh Spinach salad French bread slice Cinnamon applesauce	14 <span style="float: right;">F</span> <i>Cupids Chili</i> with "Heartzels" (heart shaped pretzels) <i>Love Me Tender Corn</i> <i>"Valentine's Day treat"</i>	15 <span style="float: right;">A</span> Meatballs in Marinara Sauce Italian Vegetable Medley Dinner Roll Fresh Banana	16 <span style="float: right;">B</span> Hot Open Face Turkey Sandwich w/Gravy Seasoned Peas Soft Dinner Roll Fruit Crisp Dessert	17 <span style="float: right;">C</span> Sweet Italian Sausage & Pepper Hero Fresh Carrot & Celery Sticks w/Dip Fresh Melon Slice
20 <b>Schools closed for President's Day</b>	21 <b>Schools Closed for Mid-Winter Recess</b>	22 <span style="float: right;">D</span> Breaded Mozzarella Sticks w/Sauce Steamed Broccoli Spears Mixed Fruit	23 <span style="float: right;">E</span> Turkey Nacho Roll Ups Rice & Beans Fresh Orange Slices	24 <span style="float: right;">F</span> Cheese Stuffed Calzone w/Pizza Sauce Baby Spinach Salad Pudding Cup
27 <span style="float: right;">A</span> "Breakfast for Lunch" Cinnamon French Toast Turkey Canadian Bacon Baked Potato Puffs Diced Peaches	28 <span style="float: right;">B</span> Baked Chicken Cutlet w/honey mustard dip Oven Baked Sweet Potato Rounds Fresh Pear	29 <span style="float: right;">C</span> Whole Grain Rotini w/Meatsauce Tossed Garden salad w/Dressing Italian Bread Slice Fresh Apple	<b>Daily Specials: Assorted Main Dish Salads Cheese/Hamburger, Veggie Burger Beef Hot Dogs, Turkey Hot Dogs, Deli Sandwiches Cheese Pizza/Soup of the Day</b>	

**\*\*Choice of low-fat milks served with all lunches\*\* (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

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**Highlands** - Linda Vecchiolla - 422-2130

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**High School** - Melanie Monteleone - 422-2139

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**Breakfast served daily - \$1.00      Lunch Price - \$2.25**

\*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