

FEBRUARY 2012 – ROCHAMBEAU SCHOOL 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 B⁶, 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.

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
		1 C Whole Grain Rotini w/Meatsauce Steamed Broccoli Italian Bread Slice Fresh Grapes	2 D "Ground Hog Day" Tangerine Style Chicken served over brown rice Whole kernel corn Fresh apple	3 E Whole Grain Cheese Pizza Tossed Garden salad w/dressing Diced peaches
6 F Grilled Chicken on Wheat bun Oven Baked Sweet potato rounds Applesauce	7 A Macaroni & Cheese Seasoned Spinach French bread slice Fresh Orange	8 B Warm Chicken Fajita strips in Wheat wrap Tossed salad w/dressing Sliced Pears	9 C Lasagna Roll-up Steamed spinach Italian bread slice Fruit Mix	10 D Whole Grain Cheese Pizza Tossed Garden salad w/dressing Diced peaches
13 E Sweet Italian Sausage & Pepper mini hero Fresh carrot & celery sticks w/dip Mixed fruit cup	14 F Chili with  "Hartzels" (heart shaped pretzels) Whole kernel corn Fresh Apple <i>"Valentine's Day treat"</i>	15 A Baked Rotini Italian vegetable medley Dinner roll Fresh banana	16 B Hot Roasted turkey and gravy Seasoned green beans Rye dinner roll Fresh Kiwi Half	17 C Whole Grain Cheese Pizza Green Garden Salad w/Dressing Cinnamon Applesauce
20 Schools closed for President's Day	21 Schools Closed for Mid-Winter Recess	22 D Breaded Mozzarella Sticks w/sauce Steamed broccoli Fresh Orange smiles	23 E Turkey Nachos w/"Frito Lays Baked Scoops!" (Includes lettuce, tomato, cheese & salsa) Rice & Beans Mixed Fruit Cup	24 F Whole Grain Cheese Pizza Tossed Garden salad w/dressing Diced peaches
27 A "Breakfast for Lunch" Cinnamon French Toast Turkey Canadian Bacon Baked Potato Puffs Diced Peaches	28 B Baked Chicken Sticks w/honey mustard dip Oven Baked Sweet potato rounds Fresh Pear	29 C Whole Grain Rotini w/Meatsauce Tossed Garden salad w/dressing Italian Bread Slice Fresh Apple	Daily Specials: Assorted Main Dish Salads Cheese/Hamburger, Veggie Burger Beef Hot Dogs, Turkey Hot Dogs, Deli Sandwiches Cheese Pizza/Soup of the Day	

****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:
 Francesca Binasco 914-422-2360
francescabinasco@wpcsd.k12.ny.us

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

PARENTS: MAKE PAYMENTS ON YOUR CHILD'S MEAL ACCOUNTS ONLINE!
www.myLunchMoney.com