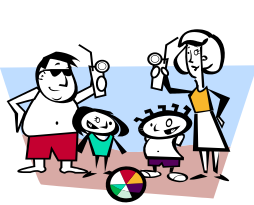





# June 2011- Middle & High Schools Lunch Menu

## White Plains City Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 C Lasagna Roll-up Steamed Broccoli Italian Bread Slice Fresh Orange Wedges	2 D <b>Chef's Choice</b> <i>Check with your Chef for the menu of the day</i>	3 E Double Sliders Tri Color Veggie Pasta Salad Red Seedless Grapes
6 F Popcorn Chicken Bites Fresh Carrot & Celery Sticks w/Ranch Dip Cantaloupe Slice	7 A Meatball Parmigiana Hero Seasoned Green Beans Mixed Fruit Cup	8 B Cheese Quesadilla w/ Salsa Rice & Beans Water Melon	9 C <b>Chef's Choice</b> <i>Check with your Chef for the menu of the day</i>	10 D Shrimp Poppers w/Tartar Sauce Soft Dinner Roll Fresh Spinach Salad Kiwi Half
13 E Toasted Cheese Sandwich Tomato & Cucumber Salad Pear Slices	14 F <b>"Civil War Day"</b> Beef Stew w/Tubers & Peas Crusty Bread Slice Wild Blueberries	15 A <b>"Civil War Day"</b> Roasted Chicken Kettle Beans Corn Muffin Fresh Peach	16 B <b>Chef's Choice</b> <i>Check with your Chef for the menu of the day</i>	17 C Ham & Swiss Melt On Rye Bread Sliced Beet Salad Pineapple Tidbits
20 D Sliced Turkey on Multi Grain Bread w/Lettuce & Tomato <b>"Garden Salsa Sun Chips"</b> Fresh Strawberries	21 E Grilled Chicken w/Pesto on a Wheat Bun Whole Kernel Corn Assorted Fruit Choices	22 F Cheese Raviolis Tossed Garden Salad Italian Bread Chilled Applesauce	23 A <b>Early Dismissal</b> <b>No lunch Served</b>	24 B <b>Last Day of School</b> <b>Early Dismissal</b> <b>No Lunch Served</b>
	<b>Daily Specials:</b> Assorted Main Dish Salads Cheese/Hamburger, Veggie Burger Beef Hot Dogs, Turkey Hot Dogs, Deli Sandwiches Cheese Pizza/Soup of the Day		 <b>Civil War days – June 14&amp;15<sup>th</sup></b> <i>Menu on these days reflect food that would have been eaten during those times!</i>	

\*\*\*Choice of low-fat milks served with all Lunches\*\*\*If you have a food allergy please speak to the manager, chef or 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](mailto:Lauraackerly@wpcsd.k12.ny.us)

Highlands - Linda Vecchiolla - 422-2130

[Lindavecchiolla@wpcsd.k12.ny.us](mailto:Lindavecchiolla@wpcsd.k12.ny.us)

High School - Melanie Monteleone – 422 -2139

[Melaniemonteleone@wpcsd.k12.ny.us](mailto:Melaniemonteleone@wpcsd.k12.ny.us)

**Breakfast served daily - \$1.00Lunch Price - \$2.00**

\*Choice of cold cereals, bagels, yogurt, muffins, and 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



### Nutrition Corner

#### Making Healthier Choices at Summer Festivals

Summer is full of festivals and events where healthy food options might be hard to find. Make the most of the situation when enjoying outdoor fare with these tips:

- Choose grilled over fried food whenever possible.
- Avoid processed meats products such as hot dogs and brats. Opt for chicken or fish instead.
- Look for vegetable offerings such as roasted corn on the cob, grilled zucchini or asparagus.
- Season foods with olive oil, herbs and spices instead of loading them with condiments like ketchup and barbecue sauce, which have added salt and sugars.

And if you can't find any healthy choices, remember, it's okay to treat yourself at special events as long as you maintain a balance. Make healthier, portion-controlled food choices throughout the rest of your week.

**MyLunchMoney payments will be accepted up until June 10<sup>th</sup>, 2011 after this day you won't be able to fund accounts until September 2010**

**Have a Great Summer!!!**