



June 2011- Rochambeau School Lunch Menu

White Plains City Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 C Lasagna Roll-up Steamed broccoli Italian bread slice Fresh Orange	2 D Chef's Choice <i>Check with your Chef for the menu of the day</i>	3 E Whole Grain Cheese Pizza Tossed Garden Salad w/Dressing Cinnamon Applesauce
6 F Meatball Hero Sliced cucumber salad Mixed fruit cup	7 A Popcorn chicken bites Fresh Carrot & Celery Sticks w/Ranch Dip Fresh Melon Slice	8 B Chicken Quesadilla Rice & Beans Fresh Orange Slices	9 C Chef's Choice <i>Check with your Chef for the menu of the day</i>	10 D Whole Grain Cheese Pizza Tossed Garden Salad w/Dressing Fresh melon slice
13 E Toasted Cheese Sandwich Tomato & cucumber salad Fresh Apple	14 F Oven Roasted BBQ Chicken Whole kernel Corn Dinner roll Red Seedless Grapes	15 A Cheese Raviolis in sauce Green beans Italian bread Cinnamon Applesauce	16 B Chef's Choice <i>Check with your Chef for the menu of the day</i>	17 C Whole Grain Cheese Pizza Tossed Garden Salad w/Dressing Fresh Orange
20 D Sliced Turkey w/lettuce & tomato in wheat wrap Freshly made coleslaw Fresh Fruit choice	21 E Grilled Chicken w/melted cheese on Wheat bun Whole kernel corn Fresh Fruit choice	22 F Whole Grain Cheese Pizza Tossed Garden Salad w/Dressing Fresh Fruit Choice	23 A Early Dismissal No lunch Served	24 B Last Day of School Early Dismissal No Lunch Served
		Daily Specials: Assorted Main Dish Salads Cheese/Hamburger, Veggie Burger Nathan Hot Dogs, Deli Sandwiches Cheese Pizza/Soup of the Day		

Choice of low-fat milks served with all LunchesIf 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
 Francesca Binasco 422-2360
francescabinasco@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 10th, 2011 after this day you won't be able to fund accounts until September 2010