



April 2012 – Middle & High Schools Lunch Menu

White Plains City Schools



Nutrition Corner

Earth Day 2012 – April 22, 2012

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 A Breaded Mozzarella Sticks w/Sauce Golden Corn French Bread Slice Granny Smith Apple	3 "Breakfast For Lunch" B Canadian Bacon, Egg & Cheese on a Roll Home Fries Tomato Slices Mixed Fruit Cup	<div style="border: 1px solid black; padding: 5px; background-color: #fce4d6;"> Schools Closed 4/4/12 thru 4/13/12 for Spring Vacation </div>		
9	10	11	12	13
<div style="border: 1px solid black; padding: 10px; background-color: #fce4d6;"> Schools Closed 4/4/12 thru 4/13/12 for Spring Vacation </div>				
16 Meatballs & Sauce w/Mini Kaiser Roll Sliced Cucumber & Tomato Salad Pineapple Tidbits	17 Baked Breaded Chicken Homemade Cole Slaw Mini Corn Muffin Strawberry Cup	18 Lasagna Roll Up Steamed Garden Vegetables Italian Bread Slice Seedless Red Grapes	19 Turkey & Rotini Pasta Toss Garden Sweet Peas Soft Dinner Roll Mixed Fruit Cup	20 Philly Cheese Steak Hero Tossed Salad Oven Baked Sweet Potato Fries Diced Pears
23 "Earth Day" (Actual 4/22) Eggplant Rollatini Spring Salad Mix w/Balsamic Dressing <i>Multi-grain Sunchips</i> Fresh Orange Slices	24 Shrimp Poppers w/Tartar Sauce Steamed Spinach Sliced Melon	25 Italian Combo Sandwich (Ham, Salami & Provolone) w/ Lettuce, Tomato & Italian Dressing Fresh Plum	26 Tangerine Chicken w/ Steamed Rice Broccoli Spears Chilled Peaches	27 Baked Chicken Bites w/Dipping Sauce Three Bean Salad Applesauce
30 Schools Closed for Superintendent's Conference Day	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-left: 20px;"> <p>Daily Specials: Assorted Main Dish Salads Cheese/Hamburger, Veggie Burger Beef Hot Dogs, Turkey Hot Dogs, Deli Sandwiches Cheese Pizza/Soup of the Day</p> </div> </div>			

Food Facts About Going Green

If you're looking to reduce your carbon footprint then it's essential that you learn the going green facts about food and drink. The truth is that our diets have a huge impact on the environment, so changing the way that you eat can go a long way to reducing your carbon footprint.

Water

There is nothing better for our health than water, so it's important that we drink enough every day. But when it comes to going green facts, it's important to understand that drinking bottled water over tap water has a hugely negative impact on the environment.

Aside from the fact that bottled water costs around 2000 times as much as tap water, it's not healthier for you and there are even health risks from drinking it. Chemicals from the plastics can leech into the water when the bottle gets warm, and this plastic takes thousands of years to biodegrade once we're done with the water.

Remember that tap water is strictly regulated and safe. Making the switch and drinking from the tap will make an immediate difference to the environment.

Go Vegetarian

This green tip may put many people off, but if you can go vegetarian even for a few days a week (preferably every day!) then you'll be helping to reduce your carbon footprint significantly. Raising meat for food is very energy intensive. Every pound of beef takes seven pounds of grain to create – cutting out the meat means seven times more people could have been fed on the grain and a lot less energy would have been used to produce the food.

*****Choice of low-fat milks served with all lunches*** (If you have a food allergy, please speak to the manager, chef or your server)**

<p><i>Please call your school manager after 1:00 p.m. if you have questions</i></p> <p>Eastview - Laura Ackerly - 422-2418 Lauraackerly@wpcsd.k12.ny.us</p> <p>Highlands - Linda Vecchiolla - 422-2130 Lindavecchiolla@wpcsd.k12.ny.us</p> <p>High School - Melanie Monteleone – 422 -2139 Melaniemonteleone@wpcsd.k12.ny.us</p>	<p style="text-align: center;">Breakfast served daily - \$1.00 Lunch Price - \$2.25</p> <ul style="list-style-type: none"> *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
--	--