### February 2020 – Elementary Schools Lunch menu
**White Plains City Schools**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Daily Specials:</strong></td>
<td></td>
<td></td>
<td><strong>“SUPER BOWL”</strong></td>
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<tr>
<td>Monday – Baked Chicken Nuggets</td>
<td>Tuesday – Hamburger on Wheat Bun</td>
<td>Wednesday – Salad Bar/Deluxe Salad Plate</td>
<td>Thursday – Chicken Pattie/bun</td>
<td>Friday – Fresh Fruit &amp; Yogurt Plate</td>
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<tr>
<td><strong>3</strong></td>
<td><strong>A</strong></td>
<td><strong>Meatball Hero</strong></td>
<td><strong>Steamed broccoli</strong></td>
<td><strong>Mixed fruit cup or 100% fruit juice</strong></td>
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<tr>
<td><strong>4</strong></td>
<td><strong>B</strong></td>
<td><strong>Hot Chicken Fajita wrap</strong></td>
<td><strong>Rice and beans</strong></td>
<td><strong>Diced pears</strong></td>
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<tr>
<td><strong>5</strong></td>
<td><strong>C</strong></td>
<td><strong>Pork carnitas in a potato boat topped with shredded cheese</strong></td>
<td><strong>Tortilla chips</strong></td>
<td><strong>Diced Peaches</strong></td>
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<tr>
<td><strong>6</strong></td>
<td><strong>D</strong></td>
<td><strong>Popcorn Chicken Bites w/dipping sauce</strong></td>
<td><strong>Fresh carrot &amp; celery sticks w/ranch dip</strong></td>
<td><strong>Strawberry cup</strong></td>
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<tr>
<td><strong>7</strong></td>
<td><strong>E</strong></td>
<td><strong>Whole Grain Cheese Pizza Square</strong></td>
<td><strong>Tossed Salad/Dressing</strong></td>
<td><strong>Applesauce or 100% fruit juice</strong></td>
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</tbody>
</table>

### Nutrition Corner

**Breakfast served daily - $1.50**

*Choice of cold cereals, bagels, yogurt, muffins, breakfast bars

**Lunch Price - $3.00**

*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

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**Please call your school manager after 1:00 p.m. if you have questions:**

- **Church St.** Laurretta Dell’Orletta 422-2406
- **George Washington** Amera Wiese 422-2275
- **Mamaroneck Ave.** Edith Newkirk 422-2166
- **Post Road** Juanita Banks 422-2078
- **Ridgeway** Francesca Binasco 422-2077

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**Encourage Healthy Eating Habits**

Whether they’re toddlers or in their teens, children develop a natural preference for the foods they enjoy the most. To encourage healthy eating habits, the challenge is to make nutritious choices appealing.

**Focus on overall diet rather than specific foods.** Kids should be eating more whole, minimally processed food—food that is as close to its natural form as possible—and less packaged and processed food.

**Be a role model.** The childhood impulse to imitate is strong so don’t ask your child to eat vegetables while you gorge on potato chips.

**Disguise the taste of healthier foods.** Add vegetables to a beef stew, for example, or mash carrots up with mashed potato, or add a sweet dip to slices of apple.

**Cook more meals at home.** Restaurant and takeout meals have more added sugar and unhealthy fat so cooking at home can have a huge impact on your kids’ health. If you make large batches, cooking just a few times can be enough to feed your family for the whole week.

**Get kids involved** in shopping for groceries and preparing meals. You can teach them about different foods and how to read food labels.

**Make healthy snacks available.** Keep plenty of fruit, vegetables, and healthy beverages (water, milk, pure fruit juice) on hand so kids avoid unhealthy snacks like soda, chips, and cookies.

**Limit portion sizes.** Don’t insist your child cleans the plate, and never use food as a reward or bribe.

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**Parents: Make Payments on your child’s meal accounts online:**


1-855-832-5226