# February 2020 – Middle & High 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>
</table>
| **Daily Specials**<br> Assorted Main Dish Salads, Cheese/Hamburgers & Veggie burgers, Beef Hot Dogs, Cheese Pizza, Soup of the Day, Deli Sandwiches | | | | | **SUPER BOWL**

### Monday
- Meatball Hero<br>  - Steamed broccoli<br>  - Mixed fruit cup or 100% fruit juice

### Tuesday
- Hot Chicken Fajita wrap<br>  - Rice and beans<br>  - Diced pears

### Wednesday
- Pork carnitas in a potato boat topped with shredded cheese<br>  - Tortilla chips<br>  - Diced Peaches

### Thursday
- Popcorn Chicken Bites w/dipping sauce<br>  - Fresh carrot & celery sticks w/ranch dip<br>  - Strawberry cup

### Friday
- BBQ pulled pork on Kaiser roll<br>  - Tossed Salad/Dressing<br>  - Applesauce or 100% fruit juice

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## Nutrition Corner

**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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**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*