## February 2020 – Rochambeau School Lunch menu

### White Plains City Schools

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>Daily Specials:</strong> Assorted Main Dish Salads, Cheese/Hamburgers &amp; Veggie burgers, Beef Hot Dogs, Cheese Pizza, Soup of the Day, Deli Sandwiches</td>
<td><strong>“SUPER BOWL”</strong></td>
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<tr>
<td>Meatball Hero Steamed broccoli Mixed fruit cup or 100% fruit juice</td>
<td>Hot Chicken Fajita wrap Rice and beans Diced pears</td>
<td>Pork carnitas in a potato boat topped with shredded cheese Tortilla chips Diced Peaches</td>
<td>Popcorn Chicken Bites w/dipping sauce Fresh carrot &amp; celery sticks w/ranch dip Strawberry cup</td>
<td>Whole Grain Cheese Pizza Square Tossed Salad/Dressing Applesauce or 100% fruit juice</td>
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<tr>
<td><strong>“Breakfast for Lunch”</strong> Cinnamon French Toast Turkey Canadian Bacon Baked potato puffs Mixed fruit cup or 100% fruit juice</td>
<td>Macaroni &amp; Cheese Sliced carrots Wheat dinner roll Fresh fruit choices</td>
<td>Whole Grain Rotini w/meatsauce Steamed broccoli Italian Bread Slice Diced Pears</td>
<td>Chicken &amp; Waffles w/maple syrup Honey Baked beans Diced peaches</td>
<td>Whole Grain Cheese Pizza Wedge Tossed Garden salad w/dressing Diced peaches Valentines’ day treat</td>
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<td>Schools closed 2/17/20 – 2/21/20 for Mid-Winter Vacation</td>
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<tr>
<td>Toasted turkey and cheese melt sandwich Whole kernel corn Diced pears or 100% fruit juice</td>
<td>Breaded Mozzarella sticks w/dipping sauce Seasoned green beans Fresh Fruit Choices</td>
<td>Twin Turkey Tacos w/lettuce, tomato, cheese &amp; salsa Rice &amp; Beans Diced Peaches</td>
<td>Oven baked chicken drumsticks Sliced carrots Dinner roll Mixed fruit cup</td>
<td>Whole Grain Cheese Pizza Square Tossed Salad/Dressing Applesauce or 100% fruit juice</td>
</tr>
</tbody>
</table>

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

**Breakfast served daily - $1.50**

- 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

**Lunch Price - $3.00**

- 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

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


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

Tara Friend 914-422-2360